

# BREATHE BETTER, FEEL BETTER.

Indoor air quality can have a big impact on your mood and mental well-being.



**CLEAN AIR.  
CLEAR MIND.  
BETTER MOOD.**

## HOW POOR AIR QUALITY AFFECTS MOOD



### INFLAMMATION

Breathing in airborne pollutants (like PM2.5) triggers inflammation and oxidative stress that can reach the brain and affect neurotransmitters.



### HIGH CARBON DIOXIDE (CO<sub>2</sub>)

Stale, unventilated indoor spaces often have high CO<sub>2</sub> levels. This can cause brain fog, fatigue, and lethargy, which mimic or trigger depressive moods.



### LACK OF OXYGEN

Poor ventilation means less circulating oxygen, reducing the brain's ability to function optimally.

## THE INDOOR CONFINEMENT FACTOR

Staying in enclosed, stagnant spaces usually means you are missing out on natural sunlight. A lack of sunlight reduces serotonin (the "feel-good" hormone) and disrupts your natural sleep-wake cycle, both of which are direct biological triggers for depression.



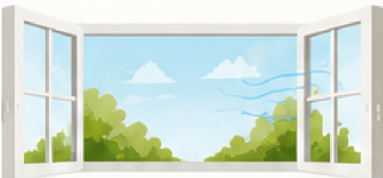
**SUNLIGHT + FRESH AIR  
NATURAL BOOSTERS FOR  
A HEALTHIER MIND**

## WHAT YOU CAN DO



### VENTILATE

Open your windows for **5 to 10 minutes** a day to cycle out stale indoor air, especially in tightly sealed homes.



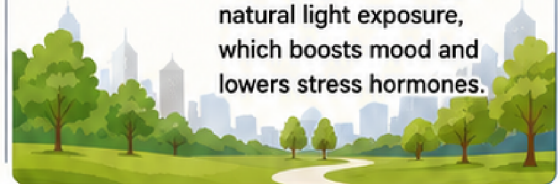
### FILTER

Use a high-efficiency particulate air (HEPA) filter to capture indoor pollutants if you cannot open windows due to outdoor pollen or pollution.



### GET OUTSIDE

Spend at least **15 to 20 minutes outdoors daily**. Even a short walk absorbs fresh oxygen and triggers natural light exposure, which boosts mood and lowers stress hormones.



**GOOD AIR. STRONG MIND. BETTER YOU.** Small steps today can lead to a healthier tomorrow.



**SHARE YOUR IDEAS!**



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