

# **GOOD FOR IMMUNE SYSTEM**

1. Faith, love and hope
2. Hugs and close relationships
3. Full and deep breathing
4. Good hygiene
5. Exposure to germs, people, pets
6. High-quality nutrition
7. Vitamins and supplements
8. Clean water
9. Regular exercise
10. Sunshine and fresh air



# **BAD FOR IMMUNE SYSTEM**

1. Fear, stress and anxiety
2. Social distance and isolation
3. Long term masks wearing
4. Excessive-sanitization
5. Avoiding germs all together
6. Fast and processed food
7. Some pharmaceutical drugs
8. Sugar-loaded drinks
9. Sedentary lifestyle
10. Too much time indoors

