PUNKWELLNESS.ORG
朋克养生
ATHLETIC & BARMACY DIVISION //
NOCTURNAL ENDURANCE CLUB //
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THE PUNK WELLNESS GLOSSARY.

6 KEY CONCEPTS TO UNDERSTAND THE CHINESE PHENOMENON 朋克养生.

01
朋克养生
Pèngkè yǎngshēng

PUNK WELLNESS



The cultural phenomenon that combines indulgent habits with self-care practices. A deliberate contradiction as a response to modern life.

02
996

WORK CULTURE



A work schedule from 9:00 to 21:00, six days a week. A symbol of high professional pressure in contemporary China.

03
内卷
Nèijuǎn

INVOLUTION



A state of intense competition and constant pressure to do more, study more and work more, often with limited rewards. A context that fuels the search for new balances.

04
养生
Yǎngshēng

SELF-CARE



A traditional Chinese concept focused on cultivating health and vitality, based on the balance of body, mind and energy (Qi), through diet, plants, rest and daily habits.

05
中药
Zhōngyào

CHINESE HERBAL MEDICINE



The use of plants, roots and natural extracts for wellness and prevention, reinterpreted today in modern formats such as infusions, snacks or functional drinks.

06
报复性熬夜
Bàofûxìng áoyè

REVENGE BEDTIME



Deliberately staying up late to reclaim personal time, enjoy leisure and do what you like, after a day dominated by obligations.

PunkWellness.org is an independent cultural initiative based in Barcelona that explores the relationship between wellness, nightlife, physical activity and the contradictions of modern life.