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HOW TO IMPROVE YOUR QUALITY OF LIFE?

How to keep the balance between healthy lifestyle and overwhelming technology pressure?



These days most of people have access to the electronic devices such as smartphones or computers. The majority is attached to them every time. Unfortunately, many of us still don't know we abuse them. But do they have only bad sides?

People have developed throughout the technology and no one can contradict it, but the healthiest option is to be in the middle of it. We have to resist the temptation of using internet all the time but shouldn't become totally anti-internet. We should use it but, as everything in moderation.



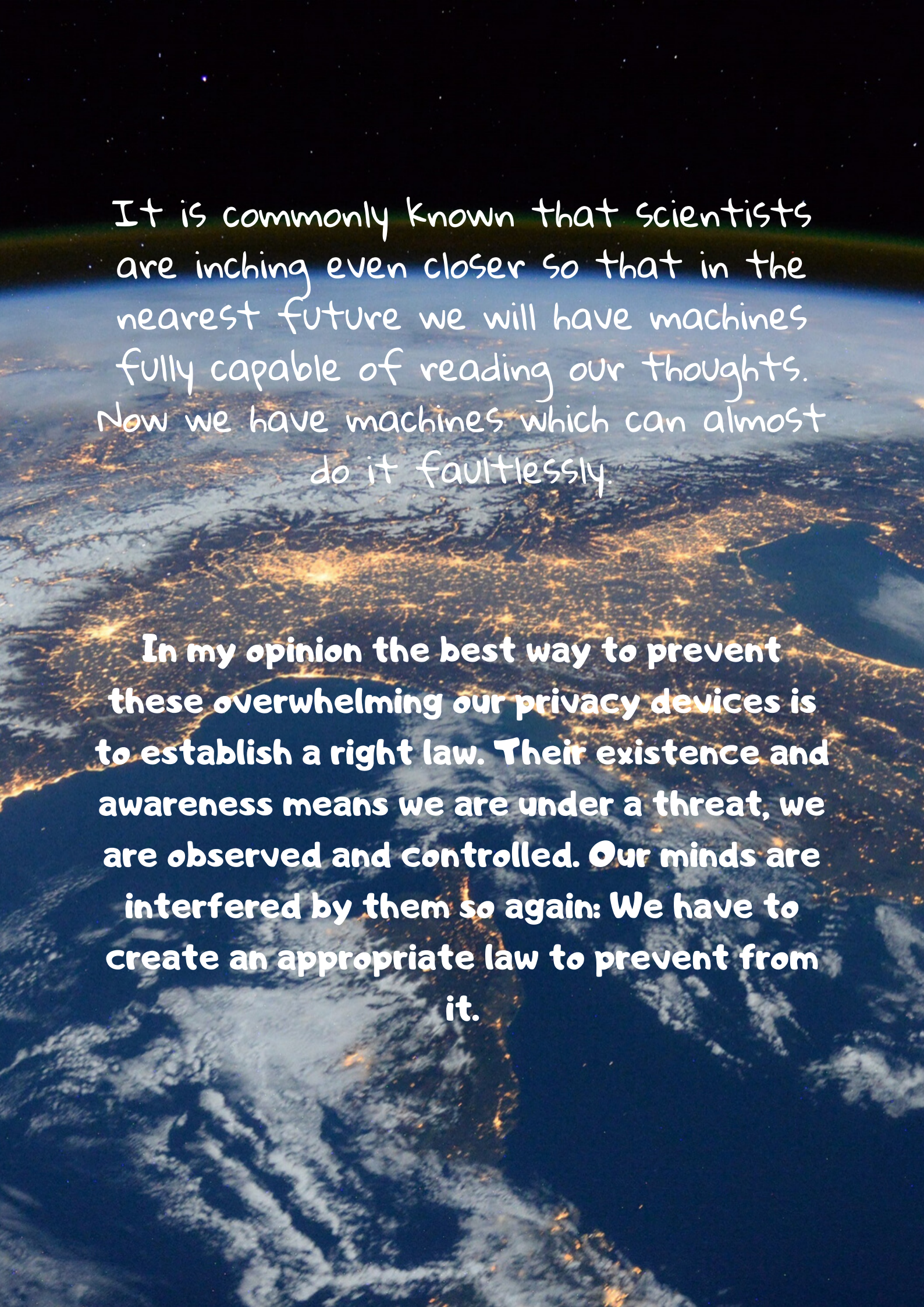
During the Information Age when everyone has access to everything there have been created two types of people: FOMO and JOMO. FOMO means Fear Of Missing Out and JOMO means Joy Of Missing Out.



People who have FOMO leave in a constant fear that someone has fun without them. These people scroll through instagram to ensure they don't miss out on something, eg event. FOMO was noticed as an illness. People with JOMO take joy in missing out. They don't have to be everywhere and in the attention.

It is said that there is a trick that if you can't get away from your phone you can start doing useless things to fill the gaps in your free time. Instead of using your phone try to do the puzzle.





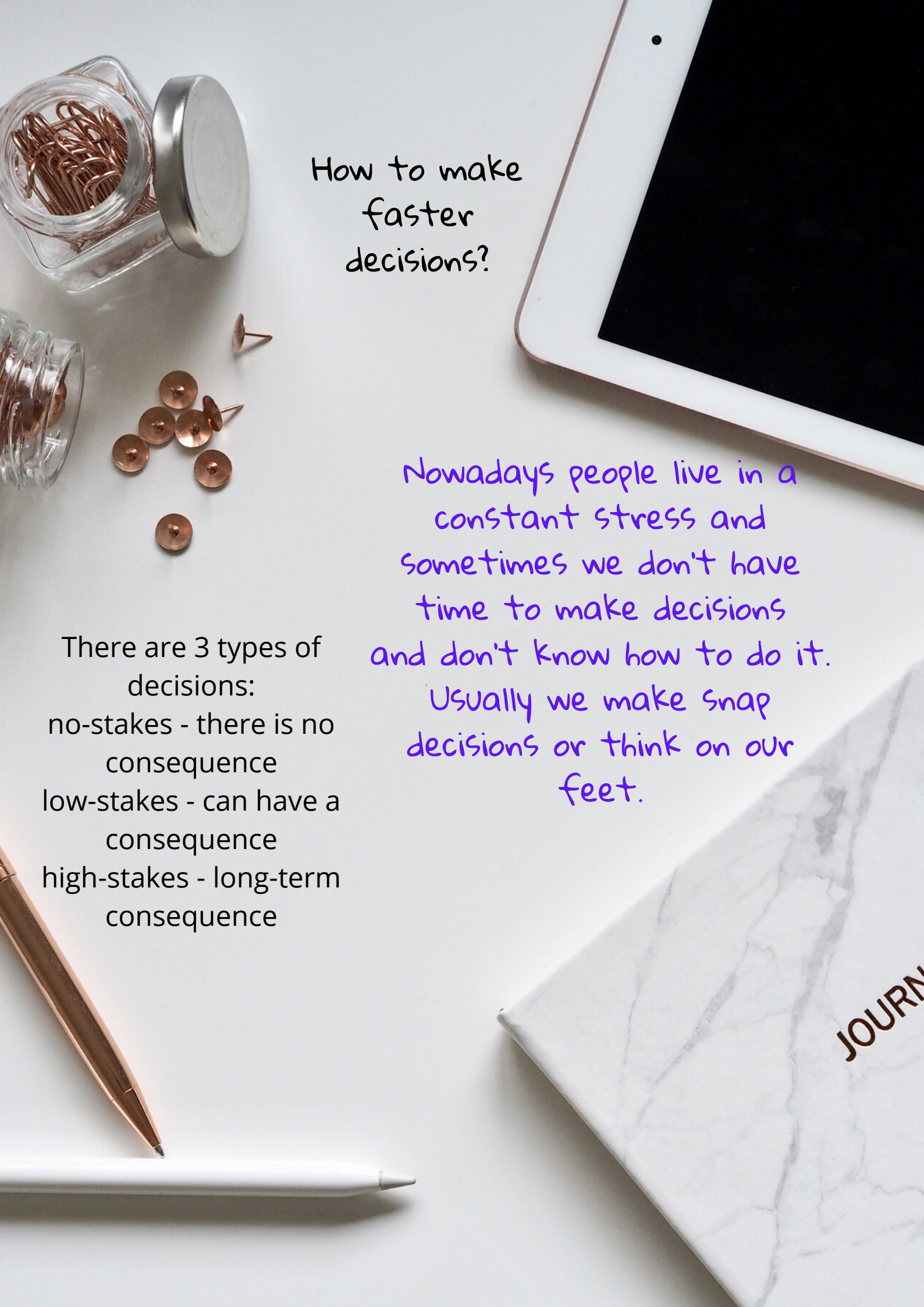
It is commonly known that scientists are inching even closer so that in the nearest future we will have machines fully capable of reading our thoughts. Now we have machines which can almost do it faultlessly.

In my opinion the best way to prevent these overwhelming our privacy devices is to establish a right law. Their existence and awareness means we are under a threat, we are observed and controlled. Our minds are interfered by them so again: We have to create an appropriate law to prevent from it.

One of our most needed factors to lead
a healthy life is sleep

If you want a good, healthy and valuable sleep
just follow these simple rules:

- do not take your electronic devices to your bedroom
- turn on phone silent mode
- get an evening walk
- add 30 minutes to our sleep
- instead of use of phone read a book not related to your work eg. poetry
- take 7-8 hours of sleep
- take naps
- healthy diet is a base of healthy sleep
- meditate
- add 30 minutes to your sleep
- if you are a light sleeper, get rid of this habit, light disturbs your brain to relax and recharge



How to make
faster
decisions?

Nowadays people live in a
constant stress and
sometimes we don't have
time to make decisions
and don't know how to do it.
Usually we make snap
decisions or think on our
feet.

There are 3 types of
decisions:
no-stakes - there is no
consequence
low-stakes - can have a
consequence
high-stakes - long-term
consequence



**How to choose which
decision to make?**

no-stakes - you don't
know which TV channel
to choose, just flip a coin

low-stakes - if you don't
know which bike is better,
just ask your friends

high-stakes - if you don't know
which job is better for you,
compare both of them (or more)
and write down your thoughts,
ask your family and friends