



HOW TO IMPROVE THE QUALITY OF LIFE

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1. SLEEP ENOUGH

Sleep is a key for your well-be<mark>ing.</mark> Thanks to sleep we g<mark>ain</mark> energy for our day so it is

very important to sleep enough. That is a significant step especially for light-sleepers and

remember that even taking a nap will make a difference.

2. EAT HEALTHY

As well as

sleep, food is a part of everyone's life and it put an influence on our mood and that's why

we should ensure that our diet is healthy and enriched. Our organism is calling

for vitamins and minerals so have in mind to remain healthy.







3. SPEND TIME WITH YOUR FRIENDS

Psychologists
have proven and point out that every person
wants to belong to the group and
doesn't want to feel left out. Spending time with
your friends trigger the production
of the dopamine hormone. In addition, in most
times, friends bring out your
best self so you feel better around them.

4. HAVE SOME TIME FOR YOUSELF

Inflow of
duties and stress affects you very
negatively, so you have to make
sure have
time for yourself and avoid the
unexpected outcome of stress.
Sometimes you
have to rest your mind, by going for
a walk, relaxing and sorting out your

5. OWN A PASSION

problems without the feeling of

being under threat.

Owning a
passion actually shows you
the joy of your life. It is really
satisfying for
everyone to see their
advances of their hobby. You
definitely should find your
own one and improve your
quality of life completely.che
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