

How to live a better life?

DO NOT RELY ON TECHNOLOGY

In modern world we trust technology in nearly every aspect of our lives but the truth is that even most advanced technological solutions won't satisfy our need of feeling pleasure. The real happiness is only available for those who live in reality.

TAKE CARE OF YOUR BRAIN

Our brains work constantly. They process thousands of informations daily and we really owe them a rest. The simplest way to treat the brain is to give ourselves a great sleep. 7-8 hours of sleep is enough for the brain to work productively during the day. Ensure that you switched off your notifications which could interrupt your rest and sleep well!

DON'T WORRY ABOUT BEING OFFLINE

A new term FOMO was coined recently. Basically it means „fear of missing out“. It refers to people who need to be in constat touch with the internet not to miss a thing. You need to resist a temptation of checking the news every single minute to use your ability to enjoy the moment and truly live your life. JOMO (joy of missing out) will surely brighten up your day!

The background of the entire image is a photograph of a rugged, moss-covered landscape. In the foreground and middle ground, there are large, dark rock formations covered in vibrant green moss. A river or stream flows through a narrow channel between these rocks, with white water visible in some areas. The background shows more rock formations and a hazy, overcast sky. The overall tone is moody and naturalistic.

MAKE YOUR DECISSIONS WISELY

How to do that? Firstly, think of what kind of decision is it. There are three possibilities: no-stakes, low-stakes or high-stakes. The first one doesn't really affect your life and has no consequences (for example picking a TV show), so you can simply flip a coin or trust your gut. The second group can have short-term consequences (for example choosing a hotel), so asking for an opinion or listing pros and cons will help you figure out the best option. When the stakes are high (for example picking a new job), you should really think twice and take all factors into account. You can also ask an expert for advice.

KEEP SEARCHING FOR A HOBBY

There are so many ways of spending your free time. Trying something new even if it has no sense in your opinion can really improve the quality of your life and make you feel happier. It's very important to have passion that will allow you to refresh and open up your mind. Keep looking because even the most useless things can bring you so much joy.