



1

## take care of your brain

Try to satisfy your mental needs by leading rich spiritual life.

Read books, be reflective and deal with art to ensure that you nurture your soul properly. Moreover, you can attempt to devote five minutes a day to meditation – it's a perfect way to draw a line between you and your thoughts.

2

## be careful with technology

Technology may be very helpful, but it can be harmful, too.

Due to many recent advances, sophisticated computers are expected to be capable of reading people's mind soon.

Is our privacy under threat? Some people do think so.

It's possible that in the near future new human rights laws will be required in order to guarantee people high standard of life.

# how to enhance the quality of your life





# 3

## take up an activity

Find yourself a hobby that will be the last refuge when you feel overwhelmed with everything.

Doing things you really like can brighten up your life and, moreover, can help you to deal with your problems.

Thanks to your hobby you can make new friends that will bring out your best self!



# 4

## beware of fomo

Fomo is the short form of the phrase “fear of missing out”.

People who have fomo feel a strong anxiety when they’re offline because they’re afraid that they might miss out on something important.

Fomo makes people feel frustrated and constantly restless.

Try to avoid it by reaching jomo – “joy of missing out” by spending time offline.

Take into account that your real life relationships play a crucial role here – don’t forget to foster them!



# 5

## don't forget to sleep

Nowadays so many people brag about their short sleep, what significantly affects the quality of their lives.

Sleep improves our mental clarity, makes us more joyful and enhances the immune system.

Make your bedroom a device-free zone to have a sound and healthy sleep.

Try to sleep at least seven hours and you’ll notice the difference!