



Suggestions on how to create a better quality of life

- Learn how to incorporate spirituality into your daily life (this may or may not include religion...whatever works for you).
- Balance your life (take care of your spiritual, social, emotional, mental, physical and financial parts).
- As much as possible, surround yourself with positive people (avoid or minimize contact with people that "suck" your energy...you know who they are!).
- Meditate (one of the simplest ways to be more positive, relaxed and at peace).
- Spend time in nature (do something you enjoy outside).
- Create a comfortable environment at home.
- Play (let the kid inside you out once in a while).
- Be thankful for something everyday (there is always something we can be grateful for whether it's our health, freedom, family, friends, sunny days...etc.).
- Be more optimistic (research shows that optimistic people live longer!).
- Learn to say no when you need to (without feeling guilty).
- Express your feelings in a healthy way (this one is so important).
- Find meaning and purpose in your life.
- Live consciously (be more aware of choices you make everyday rather than going through life on "automatic").