

- ❖ **Pick a topic, preferably something you know nothing about and learn something about it.** A good source of inspiration for this can be the newspaper or Wikipedia. It helps to retain it if you have time to make a note of what you learned or explain it to someone else, but even if you do not get the chance to do that, your brain will thank you for the new patterns you introduce as you learn something new every day.
- ❖ **Debate something.** If you think you know about something, nothing will prove it like arguing it with someone who is smarter or more informed than you. Find a friend you can debate with who has ideas that are different from yours and who would not be offended by debating them-this is easier said than done, but it can provide you with some of the best mental stimulation possible.
- ❖ **Spend time with a child.** If you have any around you, consider yourself lucky. If you do not, it does not matter what age they are. Children see the world in an entirely different way. Look at it from their eyes. Be their hero. Appreciate what they appreciate. Enjoy the simple things again. You will love it and they will love you for it.
- ❖ **Go outside.** If you do not naturally spend time outside, make it a point to do it more. There is something about the expanse of the sky that soothes you will bring out your inner philosopher.
- ❖ **Recognize what makes you happy.** Reflect on the parts of your day that bring you real satisfaction. Everyone is working towards something, but what makes you happy now? Rate your overall satisfaction with your quality of life for each day on a scale of 1 to 10, focus on the things that happened that pushed the number higher rather than what made it lower. Try to incorporate more of what made you happy yesterday into today.
- ❖ **Stop broken thoughts.** Broken thoughts are those subtle

patterns that are not quite big enough to fall into the bad habits category. This means that despite their harmful effect they often escape under the radar. Broken thoughts often take the form of justifications. Examples, I am just going to leave my dish here by the sink, I will wash it later (when you know your mother will end up washing it). I am book marking this article to read later (how often do you ever go back and read old book marked articles?). I will hang my shirt up later (when you know it will be there for a week before you touch it). This will only lead to procrastination these are only delaying tactics that cultivate procrastination.

- ❖ **Do not stress about it.** Even if you do not practice such things presently in your life, it is nothing to worry about, you can start from today.

This is your way to better quality of life.

Just make sure that these strategies are useful even when you already feel perfectly content. If you are "happy"- wonderful, that is a great space to be in. Try increasing the quality or quantity of one of the strategies you already enjoy or tackle one that is a bit less familiar. Think of them as ways to "stay happy".

And if you are feeling a bit stressed or stuck up or apathetic lately, go all out! Devise a plan to add some of these strategies to your day, to your week, to your life. Your well being is your first concern.

www.nust.edu.pk

Ways to improve Quality of Life

**NUST Centre for Counseling
and Career Advisory
(C³A)**

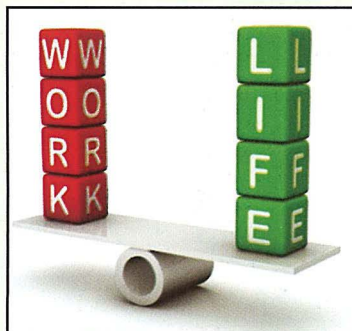
"Life is the art of drawing sufficient conclusions from insufficient premises."

Samuel Butler

Quality of life

The term quality of life is used to evaluate the general well-being of individuals and societies.

It stands for the notion of the degree to which a person enjoys the important possibilities of his/her life.



It is "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment.

The vast capacity of this phenomenon had made it able to incorporate all aspects of life and has been used in a variety of disciplines such as: education, occupation, medical sciences, social sciences, health promotion, and advertising.

Strategies to Improve Your Quality of Life

What makes up a well lived life? It is an intensely personal question. Your vision of success may be vastly different than anyone else. They may value connections, authenticity and adventure; dream of kids, a thriving business and living in another country.

Whatever your definition of "the good life" may be, it is vital that you enjoy and get meaning from the day-to-day experiences while on your journey. This is something we all have in common, regardless of the particular path we are on. Your daily experiences (your tasks, your schedule, the

places you spend your energy and time) are what make up your life.

Are you ready for some inspiring and practical ways to rev up your capacity for joy, fulfillment and meaning?

- ❖ **Cultivate Optimism.** Optimism increases educational/job performance, creativity, ability to weather stress and self-esteem. Optimism can be used in how you talk to yourself in the face of adversity, explain past events and think about the future. In the quest for the good life, positive expectations can be self-fulfilling.
- ❖ **Be Present.** Take a deep breath. This is the here and now. Stop ruminating over the past or worrying about the future for a moment. Tell the voices in your head to be silent. Enjoy your ability to create your experience this very second. If doing households chores, do the chores. If you are listening music, just listen it. It is harder than it sounds, but worth practicing every day.
- ❖ **Clarify.** When you are clear on what is important to you, there comes an incredible sense of freedom. You no longer live in a world of social comparison. You are running your own race. Goals, big decisions and small habits are conquerable and refreshing because you have a clear picture of what you want your life to stand for. Clarity does not come easily. It also evolves throughout your life, which requires gracious flexibility. But it is worth it. Spend some quality time getting clear.
- ❖ **Give Out.** Mentor, contribute, and practice random acts of kindness, express gratitude. Make a loan, give your time, be fully present for your family, and change the world. There are a million ways to give of you. It is one of the most positive equations in the world: You give of your time or resources, which improves someone's quality of life, which makes you feel needed and valuable, which in turn improves your quality of life.
- ❖ **Connect.** We are social beings. We crave connections to others individually, to our communities, to our world. Pay special attention to your family, your friends, your colleagues and your neighbors.
- ❖ **Find Flow.** It is a glorious state to be in. For some it is gardening, writing, cooking or pursuing your favorite

sports. Though it requires more energy than passive ways to spend time, (reality tv, idle gossip, video games) seek out the activities that challenge, engage and satisfy.

- ❖ **Celebrate.** We need play and hope in our lives. A healthy dose of joy fuels your creativity and feeds your spirit. Celebrating is a wonderful way to share love with others and incorporate more play in our lives. Who in your life has done something big lately? Did you celebrate? What about something small, but personally important? Did you celebrate? Celebrate with traditions, with heartfelt compliments, with notes in lunch boxes, with surprises, with big evenings out, or with cozy evenings with your family.
- ❖ **Love Yourself.** Your body is the vehicle that carries you through your life. Love yourself by treating your body with respect and care. Fuel it well with fresh fruits, vegetables, whole grains and protein. Move it daily. Do not smoke, do not use alcohol or drugs. Meditate, offer prayers. Help yourself age well by staying flexible, protecting your skin from sun and exercising your mind. Sleep well. Beware the ease in which you critique yourself and indulge in praise instead.
- ❖ **Make it a point to do something bold every day.** Step out of your comfort zone; leave the routine even if for only a second. This might mean talking to someone that you generally would not talk to or starting a project that you feel intimidated by. Usually you will find a point during the day when two paths diverge in the woods and you have the chance to take the one less traveled by, Take it.

