

Simple suggestions for a better life

How to live well



Brought to you by Life Squared

helping you to live well

Visit

www.lifesquared.org.uk

for more ideas and information on how to get the most out of life

Get in touch with us at info@lifesquared.org.uk

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How can we live well?

In the modern world, everyone is striving to achieve their own particular vision of a happier and more meaningful life. There are many (often conflicting) views and sources of advice out there on how to achieve this, and this complexity can sometimes confuse and distract us from living the lives we really want.

The poster on the other side of this leaflet draws together some thoughts from a number of areas of Life² to provide some simple ideas that could help you to live well. Stick it to your wall, pinboard or fridge to give yourself a gentle reminder as you go through the day. Check out the Life² website for more ideas and links to organisations that can help you to live a happier, wiser and more meaningful life – www.lifesquared.org.uk.



Get some perspective – see your life within the bigger picture

Get to know yourself and what matters to you – then try to live in line with this

Be kind to yourself and accept who you are

Give yourself 10 minutes of undisturbed peace and reflection time every day

Get some exercise – it will make you feel better

Live at your own pace – no-one else's

Make time for idle chat with other people



Be aware of how you can be influenced by the external world and try to think critically

Get involved in your local area – including the people, places, shops and events

Get out into nature – it will make you feel better

Be thankful for the amazing fact that you are alive

Savour your experience of life – whatever you are doing

Find experiences that give you 'flow'

Think about what your values are and try to live in line with them

Learn something new every day

Explore your inner world

Treat other people as you would like to be treated

