

## Quality of Life

*Quality of life reflects an individual's perception of their emotional, social, and physical well-being at any given time. There are many ways you can enhance your loved one's quality of life.*



### Physical Well-Being

Encourage **lifestyle changes** like regular exercise, balanced nutrition, and good sleep habits to boost energy, mood, and resilience. **Tailor activities** to their abilities to make these changes enjoyable and sustainable.

### Emotional Well-Being

Help your loved one **arrange time with friends**, **explore hobbies**, and **find ways to relax**. If their mood doesn't improve, consider reaching out to a **mental health professional** for additional support.

### Mental Stimulation

Encourage your loved one to try activities like puzzles, reading, and hobbies to **stimulate their mind**. You can also **introduce new experiences**, such as trying different foods, watching new movies, or visiting new places, to keep their outlook fresh.

### Social Connection

Help your loved one participate in community activities, and social gatherings. Looking forward to events **boosts** mental health, and helps **alleviate** feelings of isolation or loneliness.

### Connect with Nature

Spending time in **nature** can improve quality of life by:

- **Reducing stress, anxiety, and depression.**
- Encouraging more **physical activity**.
- Helping **regulate sleep**.
- Encouraging **mindfulness**.