

MAINTAINING QUALITY *of* LIFE

The Concept of Quality of Life

Quality of life (QoL) has become a key goal of contemporary health care. It is often confused with standard-of-living. However, standard-of-living refers to the possession of wealth or material goods.

Quality of life (QoL) is a concept which aims to capture the well-being, whether of a population or individual, regarding both positive and negative elements within the entirety of their existence at a specific point in time. For example, common facets of QoL include personal health (physical, mental, and spiritual), relationships, education status, work environment, social status, wealth, a sense of security and safety, freedom, autonomy in decision-making, social-belonging and their physical surroundings.



Good Habits Increase the Quality of your Life

If you want to improve the quality of your life, you must do so using good habits. You have to eliminate bad habits and form good habits.

Good habits help to foster an increased level of happiness, vitality, health, income, and leisure.

Be a Leader, Be Janaab !!!

