

Quality of life

Having a good quality of life is important to all of us. We'd like to do more to make it better, but this can seem a challenge in our busy daily lives.

Climate change, or global warming, can be an added worry. It can feel as if doing our bit to help the environment will take up even more of our time and energy and may cost more too.

The good news is we can improve our quality of life and help prevent climate change at the same time – and it can save us money.

Happiness is an emotion that naturally fluctuates, but a good quality of life will keep us healthier and boost our feeling of wellbeing – which in turn helps us feel happier more often and for longer.



Take a look at the list below, it shows the kind of things that help create a good quality of life. How strong are these things in your life? Mark each one from 1 to 10, with 1 being the lowest score and 10 the highest. The next time you make a lifestyle choice, see how many of the boxes it ticks.

Clean air	Rest	Clean water	
Family	Healthy food	Relationships	
Feeling safe	Community	Feeling secure	
Time in nature	Meaningful work	Recreation	
Healthy stress	Learning	Physical health	
Respect	Mental health	Freedom	
Exercise	Fulfilment		

The Big Five

The five biggest areas of our lives that take up most of our time and money are:

Heating, Transport, Food, Holidays and Products.

Making careful choices in each of these areas can improve your quality of life.

Heating: Be warmer, save money on fuel bills and feel good about your home. Insulating your home will do all this and save 80% of CO₂ emissions.

Transport: Sharing a lift or using public transport means you can relax, rest or catch up on a good book. It's not very different to being chauffeur-driven! But it will reduce CO₂ emissions by up to 80%.

Food: Do you want to eat the most delicious, nutritious and chemical-free food? Local, seasonal, organic food ticks all these boxes and can reduce CO₂ emissions by 80%.



Holidays: A holiday should be relaxing and stress free and can give you an experience of new places, maybe with family and friends. Going by train or bus, rather than flying, can be less stressful, more fulfilling and save over 80% of CO₂ emissions.

Products: Do you want what you buy to look good, be easy to use and last a long time? Buying quality, long lasting products can reduce CO₂ emissions from manufacturing by up to 80%.

Making good choices in these areas can boost employment where you live and put money back into the local economy. It helps connect individuals and communities and whilst it can require a little more investment up front, it usually saves money in the long run.

Doing our bit to reduce CO₂ and avert climate change is likely to increase our health, wellbeing and happiness in all areas of our lives.

You can try a quality of life calculator at <https://calculator.carbonsavvy.uk/quality-of-life>