

10 bad habits are said to be beneficial for health and success

Often something bad is implicitly deemed not good and not beneficial, but with 10 habits that many people consider to be 'unavailable' this is the exact opposite. They even help you be healthier and more successful!

The common advice that most of us know is to eliminate bad habits and start forming good habits to be more successful and happy. However, there are some "not beautiful" habits at all that are not entirely harmful if we know how to use them as an advantage.

Here are 10 of the bad habits you can take to make your life more successful and happy.

1. Unorganized habits help stimulate creativity

The messy people seem to always give a lame excuse to justify their bad habits, which is the mess that makes them creative. However, it is surprising that they are telling the truth and science has also had very convincing evidence.



In a Northwestern University study, when put into a messy room, things were left indiscriminately, the volunteers quickly came up with answers to crossword puzzles rather than when inside a neat room. In addition, they also draw more creative images when in a messy setting.

However, it should be noted that clutter will have very strong impacts on the spirit. Therefore, you should only maintain "disorganization" at a moderate level and in certain circumstances. Instead of having to keep everything neat, you can allow yourself to be messy in the space you need to be more creative.

2. Watching cute YouTube videos can increase productivity

Many argue that watching cute pictures or videos of animals on the Internet is a big waste of time. But many studies show that this habit can help your brain concentrate and complete tasks correctly.

Researchers at Hiroshima University said watching cute animal or baby images could trigger a caring and sharing instinct that made people pay more attention to the next tasks. In addition, laughter from these interesting images also helps to lower blood pressure, relieve pain and make the body more resistant to stress.

3. Biting your nails enhances your immune system

Nail biting habit is considered a bad habit, but this is only a common perception of society. Returning to the period before the nail clippers, we bitten our nails often for two basic reasons. The first is to prevent them from becoming too sharp and hurt us. The second is that nail biting will cause skin around the nail to be damaged and create opportunities for bacteria to invade.

However, one study confirms that having small contacts with the bacteria will help the immune system work better. From this point of view, experts also added that you do not necessarily need to keep your body clean too much.

4. Trading stories help improve the mood

Talking about others seems to be a global passion. People can't resist a story or a secret, and there's even a magazine for rumors about celebrities around the world. However, this is not a bad habit.



Researchers at Brown University found that most people's moods improved until 4 hours after spending 20 minutes chatting with a friend. 96% of people were able to soothe stress and anxiety in this way.

So connect with people positively rather than using it as a way to judge, criticize, or speak ill of others.

5. Swearing reduces stress

From a young age, you are told by your parents that swearing is a bad habit but it can actually make you feel better if you are in a stressful state. Swearing can be particularly useful at work, especially in times of crisis. Swedish scientists have revealed that employees who are treated unfairly without looking for ways to express anger are twice as likely to have a heart attack.

From now on, every time you feel stressed, you can choose to swear to relieve stress. However, be sure to use only moderate words and not too obtrusive for those around you.

6. Sleeping baked helps protect cardiovascular health

You may be advised and believe that "*sleeping early, getting up early*" is the best way to sleep, and prejudice to those who prefer to stay in bed and often use the alarm delay button.

However, a study by Japanese endocrinologists found that people who wake up before 5 am may put themselves at risk of cardiovascular disease. Symptoms such as arteriosclerosis, heart attack, stroke, high blood pressure, and obesity are more likely to happen to people who get up early.



These findings also suggest that the risk is similar, although sleep duration may be the same for early risers and late risers. A Stanford University study has concluded that sleep's greatest resilience occurs between 2-6 am.

Therefore, you should not force yourself to be like an early riser. Respect your natural sleep cycle by going to bed when tired and allowing yourself more sleep if necessary.

7. Get impatient to help you be more alert

The intestinal fever seems like a sign of insecurity but when it comes to this feeling, the fact that you are trying to make your brain alert and focused. Similarly, when you are tired, you yawn to inhale more oxygen to help keep your brain awake, impatient also works to stimulate mental and physical alertness. In addition, scientific research has shown that this particular habit also improves memory performance.

If you feel tired, depressed or your ability to concentrate on a reduced job, draw something, turn your thumb or step on the floor to regain attention.

8. Throwing clothes when angry reduces stress

Flare-ups can often occur in some people. They always seem to want to throw things away without their own way of releasing.

Although this may seem like a bad personality to others, research shows that throwing helps to reduce stress in a healthy way and help prevent a pile of disappointment, which in turn leads to come against yourself.

Anger at Carnegie Mellon University, anger is a healthy emotion because it produces less cortisol (this hormone raises blood pressure, increases blood sugar levels and has an immune resistance effect). rather than fear.

9. Surfing social networks helps you live more responsibly

Many people with bad habits are checking Facebook, Instagram or Twitter whenever there is a chance. However, they are not as harmful as we think.



Owning a social network account can help you behave better and stick more closely to your goals. Research shows that when personal information is publicly posted, an individual will be more easily connected to his or her plan because they are following many people.

If there is an important goal you want to achieve, notify Twitter and Facebook so others can keep you responsible and encourage you.

10. Dreaming helps you solve many problems

Sometimes if you focus too much on a problem, you may become more confused and difficult than before. Conscious thinking means you can become too rigid and limit your ideas. Meanwhile, daydreaming is sometimes seen as a form of delay or uncommon, researchers have found that it can really help you "think beyond the box" (think out of the box) to solve the problem.

Scientists at the University of British Columbia also performed brain scans of people when they were daydreaming and found that this habit triggered brain regions involved in problem solving.

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