

# 19 interesting psychological tips to make life easier

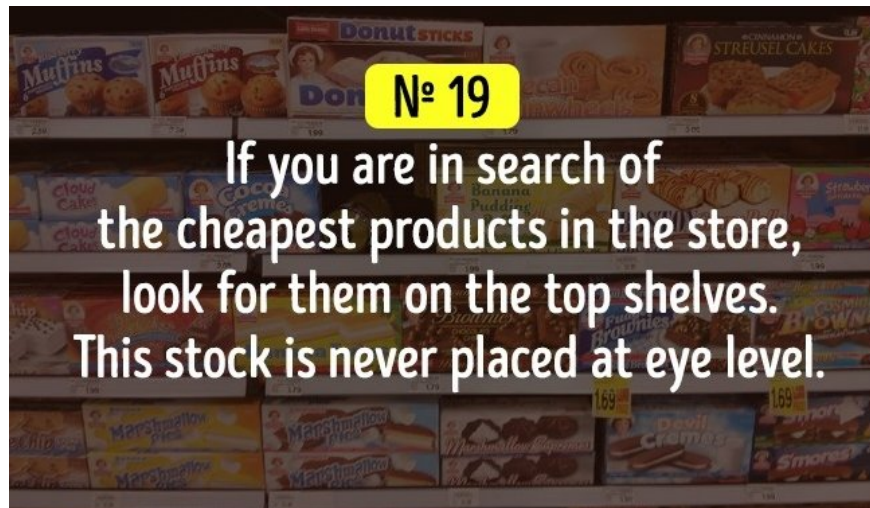
Invite you to consult 19 interesting psychological tips to make life easier in the article below!

1. 11 psychological tips "drain most customers" are being applied by restaurants
2. 15 interesting psychological tricks everyone should know
3. 14 psychological tricks to get people to do what you want

Some of us always try to be better, smarter and stronger but find no easy solution to be able to do it. It would be bad that stressful solutions will produce similar results.

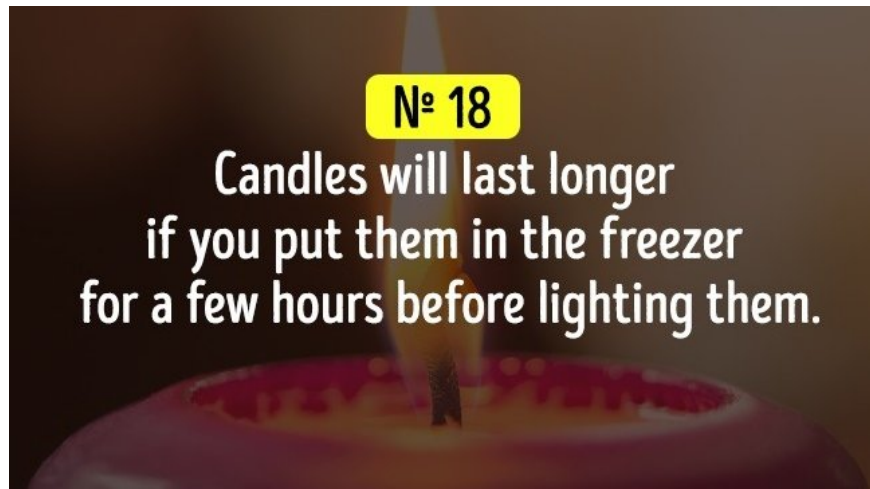
Today, we will provide you with **19 interesting psychological tips to make life easier** to improvise in different situations. Invite you to explore together!

19. If you want to find cheap products in the store, look for them on the top floor of the shelf. Because these types of goods are never in our sight.



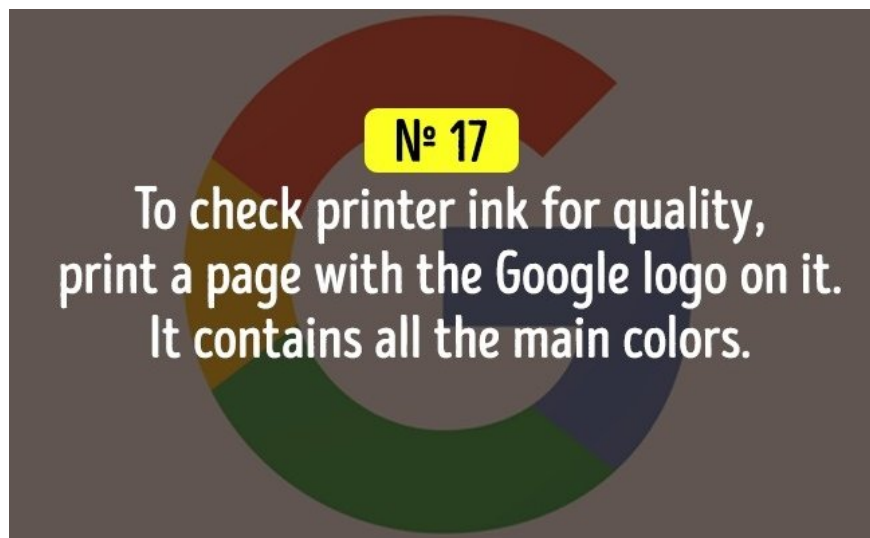
© Cory Doctorow

18. Candles will burn longer if you put them in the freezer a few hours before burning.



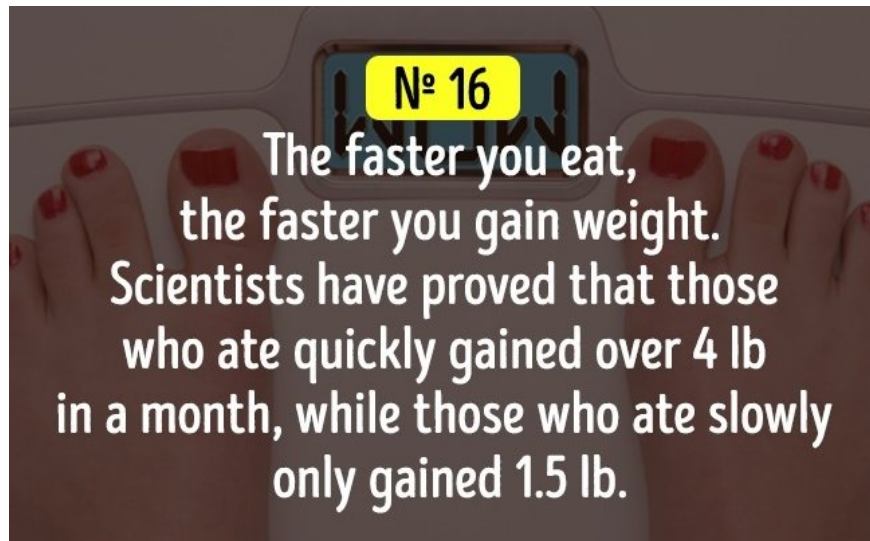
© pixabay

17. To check the quality of printer ink, print the Google logo to paper. If good ink will print this logo with full color.



© wikimedia

16. The **faster you eat, the faster you will gain weight** . Scientists have shown that fast-fooders will increase by about 2kg / month, while those who eat slowly will only increase by 0.7kg / month.



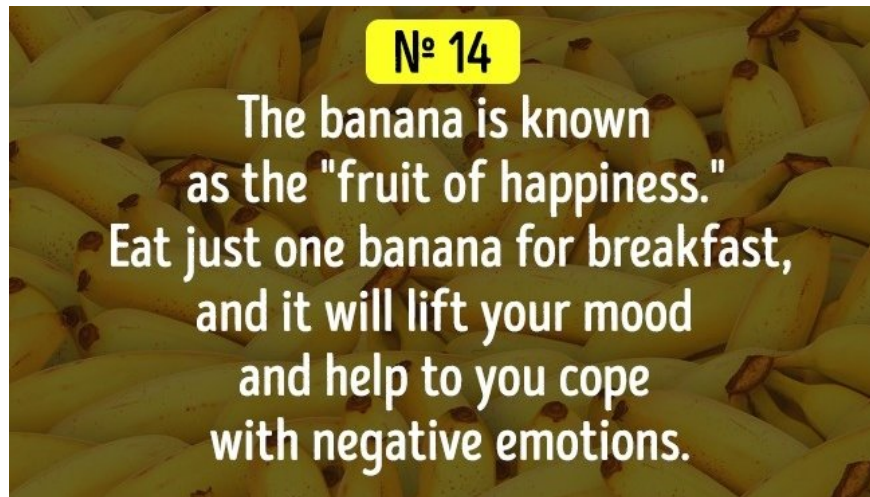
© depositphotos

15. If you go to the zoo, dress in the same colors as the attire of the staff working here so that the animals do not feel scared or run away from you.



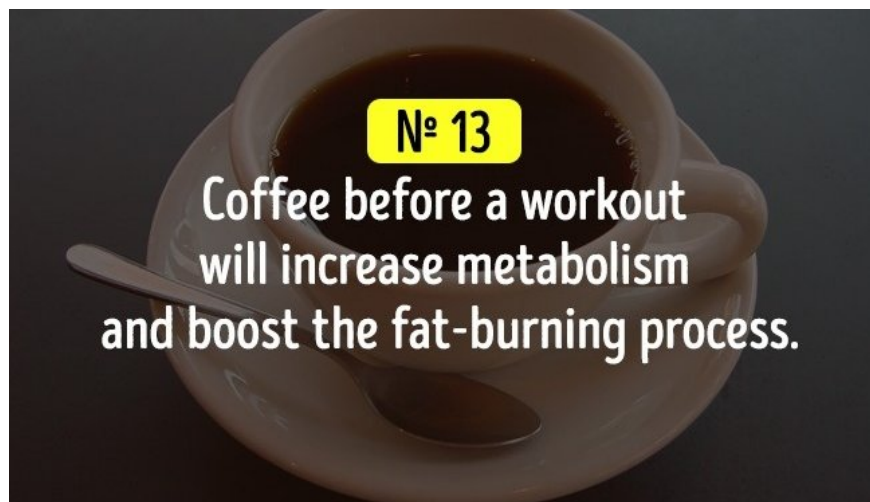
© wikimedia

14. Bananas are known as " *happy fruits* ". Eating a banana in the morning will help you improve your mood, as well as cope with negative emotions.



© pixabay

13. Drinking coffee before work enhances metabolism and burns excess fat.



© wikimedia

12. **If you have a mosquito bite, place a hot spoon on the injection** . It will stop the reaction and itching will also disappear.



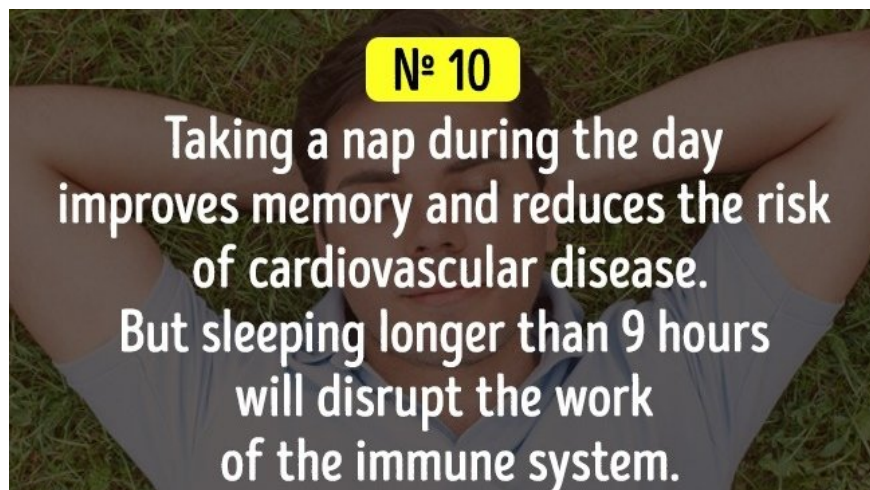
© depositphotos

11. When calling 911 ( *emergency number in the US* ), the first thing is to inform your location. Because the operator will send information to the rescue team to help you before the call ends.



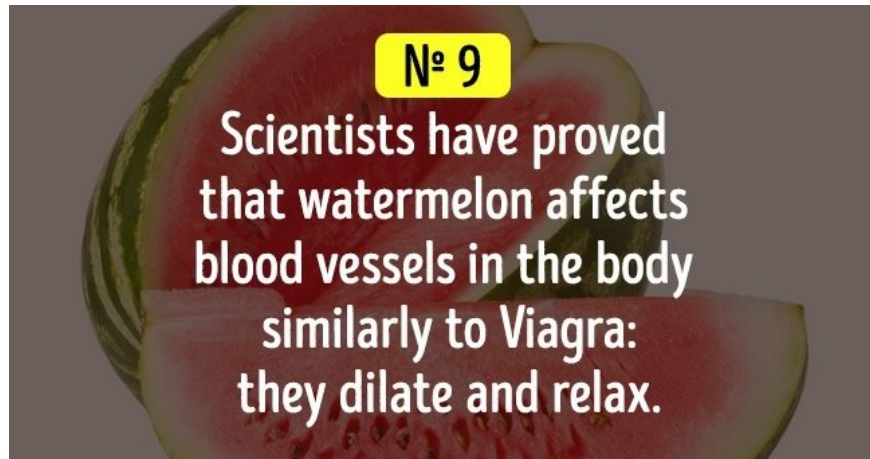
© wikimedia

10. A nap during the day will help improve memory, as well as reduce the risk of cardiovascular disease. However, sleeping more than 9 hours will break the schedule of the immune system.



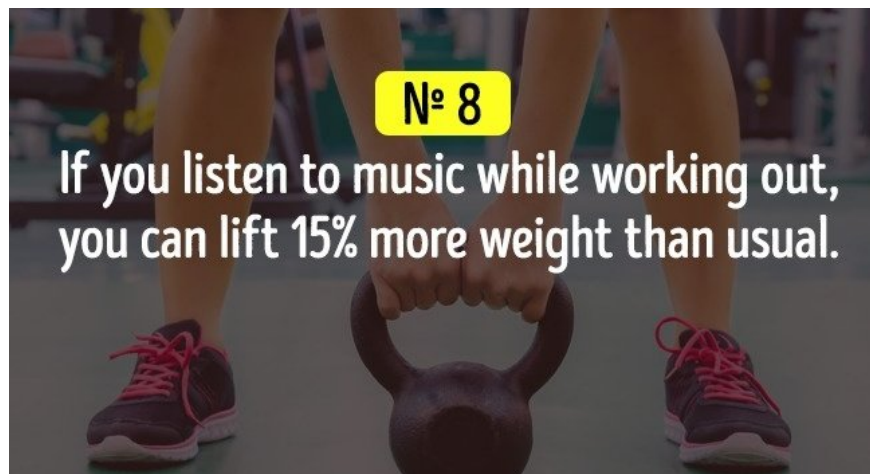
© depositphotos

9. Science proves that: Watermelon affects blood vessels in the body similar to Viagra - a treatment for impotence: helps dilate blood vessels and relax.



© depositphotos

8. If you listen to music while working, you can lift an object with 15% more weight than usual.



© depositphotos

7. If you are trying to remember something, tighten your hand. This enhances brain activity and improves memory.

Nº 7

If you are trying to remember something,  
clench your fists.  
It will boost your brain activity  
and improve memory recall.

© wikimedia

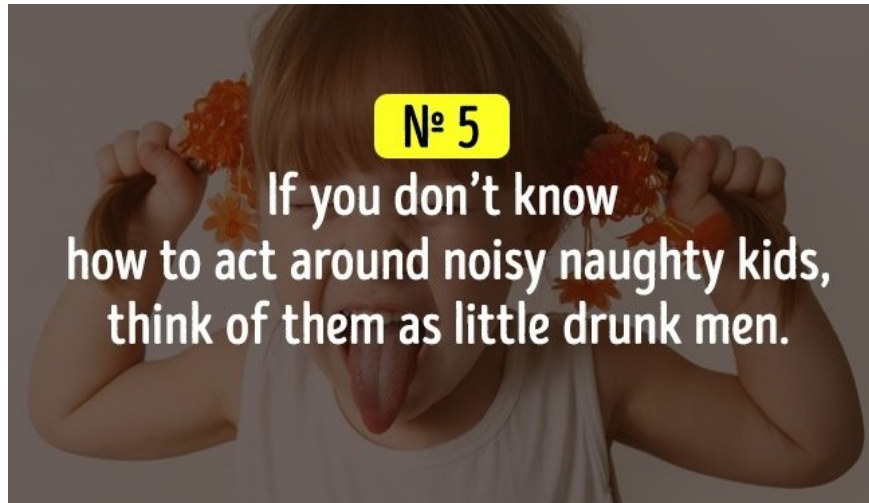
6. Using an unsteady hand to do everyday tasks ( *like brushing your teeth* ) will help your brain work in a different way and improve your ability to handle every situation.

Nº 6

Using your nondominant hand  
to do routine things  
(like brushing your teeth)  
will make your brain work differently  
and improve your ability  
to handle different kinds of tasks.

© wikimedia

5. If you don't know why children are so naughty, watch them like drunken little men.

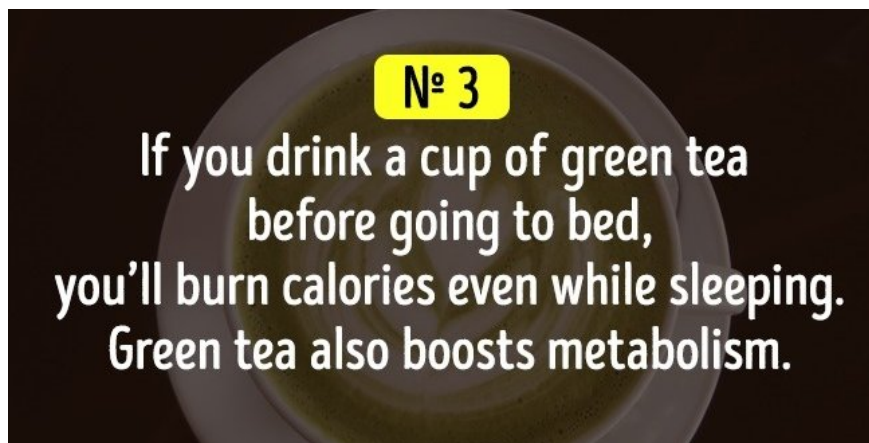


4. Listening to music at high volume will help you to be calmer, happier, and more relaxed.



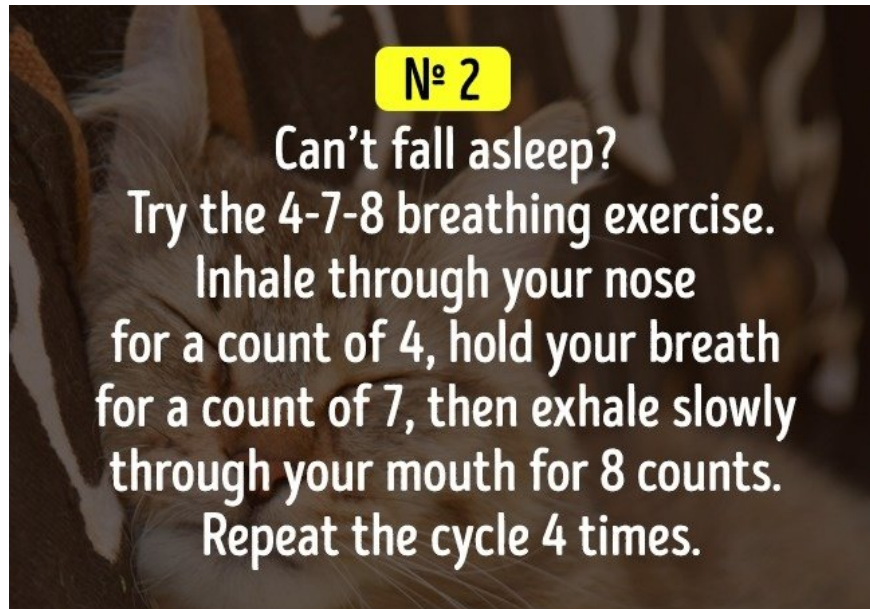
© depositphotos

3. If you drink a glass of green tea before going to bed, your body will burn excess fat even during sleep. Moreover, green tea also helps to enhance metabolism.



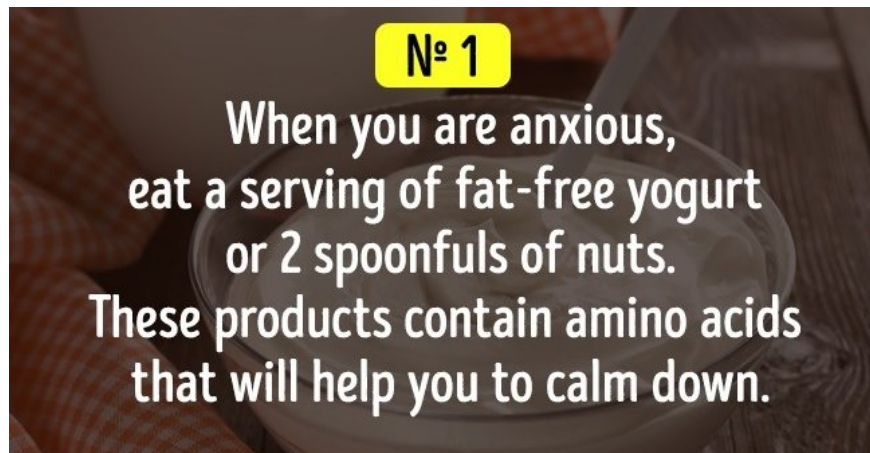
© publicdomainpictures

2. **If you can't sleep, try breathing exercises 4-7-8** . First, inhale for 4 counts, hold your breath and count to 7, then slowly exhale for 8 counting beats. Repeat this exercise 4 times.



© torbakhopper

1. **If you are worried, eat a box of sugar-free yogurt or 2 tablespoons** . These products contain amino acids that help you calm down.



© depositphotos

**Bonus:** If you want to know what other people think of you, look at their body language. If they cross their legs or cross their arms, it reflects the attitude of skepticism and caution against you. But if they sit with " *open posture* " that shows their positive attitude towards you, as well as what you are saying.



See also: Top 10 psychological effects affecting human behavior you may not know yet

Having fun!

You finished reading the article "**19 interesting psychological tips to make life easier**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.