

8 habits that affect health and productivity should be overcome immediately

Here are 8 habits that will help you improve your life, including 4 things to eliminate and 4 things to replace them for you to have a healthier life. Invite you to consult!

1. Take 15 minutes to learn 7 techniques that can change your life!
2. How to shorten sleep time but still ensure health?
3. 7 simple tips to increase productivity in the afternoon

We all know that the secret to success in improving your lifestyle is related to **eliminating bad habits** from life, as well as adding **healthy habits** . It is important to balance these two things.

When you add more things to your life without removing anything, you will feel overwhelmed. Just like when you remove everything without replacing them with other things, you create a gap - and if you don't fill that gap, life will do it for you.

To solve this problem, the following 8 habits will help you, including **4 things to eliminate and 4 things to replace them for you to have a healthier life** . Invite you to consult!

1. Stop: Snacking without thinking



Even if you want to accomplish a goal set in life, the first thing you need to do is to **take good health and physical care** .

The number one reason many people fall into a state of being overweight and not being healthy is by **snacking** - eating without thinking. They eat all day, which makes them not know how many calories are put into their bodies.

To take care of a healthy body, the first thing to keep in mind is to pay attention to the things you have loaded into your body. And to do that, you must first **eliminate your uncontrolled snacking habit** .

2. Getting Started: Practice cooking



Contrary to eating without thinking, **cooking is a thinking process** . It requires you to be aware of what you are doing, what you want and what mode to choose clean and appropriate foods for you.

Besides, you should learn for yourself some healthy recipes, rich in protein and vegetables, low sugar and starch. If you are a person who likes cooking, is that amazing? But if you are not good at cooking, it is okay, you can cook a large amount of food from 1 to 2 times / week and store them in the refrigerator.

3. Stop: Use your phone or computer when you go to bed



When it comes to **staying healthy** , sleep also plays an important role, second priority, only after a healthy diet. If you want to sleep well, you need to go to **bed on time** . In addition, your brain should only think about sleeping, not thinking about ambient light, television programs or work pressure during the day. Therefore, regular use of phones and computers in bed can harm your sleep.

4. Getting Started: Form good habits before going to bed



Instead of watching TV programs before going to bed, you should establish yourself **a relaxation routine for 30 minutes before going to bed** . Forming some good habits such as taking a hot bath, wearing comfortable pajamas, brushing your teeth, stretching your muscles / meditating / yoga or reading a novel, . are all options that give you a **spirit of comfort** as well as ensuring abundant source of strength. Also, you should not watch TV, play games or work before going to bed.

See also: 7 effective time management ways to optimize productivity

5. Stop: Drinking alcohol or alcoholic drinks



We all know **that alcoholic beverages are unhealthy** , and that little Resveratrol (*a substance found in wine*) doesn't make you healthy. You do not have to stop drinking alcohol for the rest of the time, but try to leave it for several months. When you do that, you will realize that you do not need to use alcohol to relax, communicate or have fun, even while in a bar - where everyone around uses alcoholic drinks.

After that, you will feel like you don't need to drink anymore. And when you want to drink, you will have a different perspective and be more cautious with what you are about to use.

6. Getting Started: Plan for the weekend on Thursday



After a hard working week, we all want **to enjoy the comfortable and relaxing weekends** . But that seems to be incomplete because we only spend a few minutes planning the weekend.

It's best to use the whole week to think about the plans you plan to do on the weekends. And make a detailed plan on every Thursday. At that time, you will enjoy the fuller weekends, instead of rushing appointments or sitting at home because you don't know what to do.

7. Stop: Distract the job



In theory, people today are more productive than ever. But in reality, we all often **waste our time** on social networking sites like Facebook, Reddit or other news sites, etc. Successful people always do anything. with high concentration. Find ways to prevent websites from distracting your focus if necessary.

8. Getting Started: Using the "tomato" method Pomodoro



In the present age, each of us has so many things to do, hundreds of pressures on the shoulders, but still with a 24-hour-a-day fund, how to focus with maximum capacity , highly effective and minimize stress. The Pomodoro "tomato" method is a time **management** method to maximize the focus on work introduced by Francesco Cirillo - CEO of an Italian software company in 1980.

When you are no longer distracted, you will use your time better. The most sure way to do this is to follow the Pomodoro technique, including an alternate concentration of work and rest.**Please work for 25 minutes, then rest for 5 minutes. Repeat this and take 30 minutes after 2 hours of work.**

When you focus highly on your work, limiting your initial plan, you will accomplish more than those who are distracted. Since then, your work efficiency will be significantly improved.

See also: 8 reasons to make you smarter and stronger when you're alone

Having fun!

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