

Get rid of these habits if you don't want to be old and have a headache

Headache is a disease that makes you feel uncomfortable and tired. In addition to causes such as stress, anxiety, the following habits also make you more headache.

Headaches are a common disease for most of us, headaches make people feel constant pain on one side of the head or on the back of the neck and neck.

Besides causes such as tension headaches, anxiety, wrong working posture, . Headaches also appear from the daily habits that we are doing. Headaches can turn into a chronic form although they are not life-threatening in nature.

1. Just looking at the position can distinguish 3 common types of headaches
2. 12 ways to treat headaches immediately without using drugs

1. Regularly stay up late



Many people have a habit of staying up late to watch movies or due to insomnia. This is really not good for our health and brain. After a day of activity the brain is tired and other organs in the body need to rest. If you stay up too late or don't get enough sleep, your brain will become more tired and unable to recover. This is also the cause of insufficient blood on the brain to function, causing headaches. Health experts recommend that you have to

sleep for 7-8 hours a day every day and not staying up too late will be bad for the nervous system and causing fatigue the next day.

2. Lay or wear a hat when the hair is still wet



This is a common habit of many people, especially women. Many people often wash their hair in the evening, because they are too tired to leave their hair like that and go to sleep all the time, or someone washes their hair in the morning, but rushes to work, leaving the wet head wearing a helmet. This is a bad habit and extremely harmful to our health. Lay or wear hats when wet hair not only causes itching or scalp fungus, but it also causes headaches, besides affecting the functioning of blood vessels. The affected blood circulation will cause headaches. You should absolutely avoid having your hair wet when you go to bed or wear a hat, dry them thoroughly before you do the job.

3. Drink too much coffee



Coffee is a drink that is familiar to many of us. Coffee helps you stay awake when you provide enough for your body, but if you use too much, it can cause unhealthy harm to your health. Because, when providing a large amount of caffeine into the body, will cause the nervous system to increase the feeling of restlessness, anxiety and headaches.

4. Drink water

1. Water will become "poison" if taken at 5 times later
2. What if you drink water as soon as you wake up?



Providing enough water for the body every day helps our body to stay healthy and maintain all the necessary activities during the day.

Every day we are often encouraged to drink 2 liters of water a day (equivalent to 8 cups of water) to ensure enough water for the body to survive and grow healthily. However, this habit is not done by many people, causing the body to lose water, which is also the cause of headaches in some people. The amount of water supplied to the body is not only enough to make the body feel tired but also cause the nerves to shrink.

A healthy body when it is supplied with adequate water and you will work more effectively, while preventing headaches!

5. Regular stress



Overwork, spousal controversy . Things that make you feel bad in life, make your thoughts become negative, make you tired and lead to headache. A study indicates that people who are more frequently stressed are more likely to experience headaches and migraines. So to repel this tension the best way is to simplify things and see them as everyday things. Besides gentle yoga exercises, drink warm water or listen to light music to improve your mood better.

6. There is no time for yourself



We always feel lack of time. Besides the time for work, take care of the family . Let's spend a certain time of the day just for yourself to enjoy life. This time you can do everything you like to be able to immerse yourself in the music space or simply sit in silence, concentrating on yourself: How you feel, what you need, want What . Use your time to recover your body and focus on taking care of yourself. It is a way to reward yourself for more relaxation and self-awareness.

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