Your Life Your Brand

HOME OF

Smart Living
FINISHING ACADEMY

Choose the habits you create, to build a life exactly as you want it to be.

Bad Habits to Avoid

WHAT IS MEANT BY A BAD HABIT?

For the most part, a bad habit is something that you do repetitively, that you can stop doing when you really and truly decide to, and that society has deemed to be bad. Often it breaks laws, customs, or some moral code for society. Most people think that bad habits are something to be avoided because they can often affect your health and wellness.

There are different categories of bad habits. Let's look at the most common ones.

- Time-Wasting Habits – Not putting things where they go, not creating a home for everything you own, and not keeping your stuff organized can make you waste time. Wasting time can end up affecting your down time because you still must make time for work.

- Unhealthy Habits – If you have some unhealthy habits like eating unhealthy snacks every night, watching lots of TV instead of doing physical things, and avoiding going to the doctor on a regular basis, you can truly affect your health negatively.

- Lost Productivity Habits – If you don't have a morning routine and you don't have some sort of schedule for being productive, you will lose opportunities. These types of bad habits are really lack of good habits.

- Habits That Harm Your Financial Health – If you've developed habits like gambling, these can ruin your financial health today and in the future. Overspending is often started by a bad habit of not minding your finances.

- Habits That Impede Your Social Life – For some people, their bad habits can hurt their social life. If you have a bad habit of being late, not caring about others much, or doing behaviors that repel others, you may end up with no social life.

- Habits That Harm Others – Some people develop habits that don't just harm themselves but others too. For example, if you have a smoking habit and you smoke around other people (especially kids), this is a very harmful habit.

- Habits That Ruin Relationships – Some people allow their habits to even ruin their relationships. Habits like being sloppy, unclean, and not thinking of others can ruin many relationships, especially if you're late a lot or gossip too much.

- Gross Habits – Smoking and nail biting come to mind when it comes to gross habits that people do. So does nose picking, picking your toes with your fingers, and other rude behavior that you should not do in public (and some not even in private). If you do have these habits, you can stop them with a plan.

Hopefully this information increases your understanding of what is meant by a bad habit. Bad habits are simply habits that are not good for you or anyone else around you - whether human, animal, or the environment.

The Impact of Bad Habits on Your Work

You may not even realize that some of the bad habits you've developed over your lifetime are causing you problems at work. However, if you have any of the habits below, you could be affecting your job (or business) if you're not aware.

Lack of Sleep

If you have the bad habit of staying up late because you see yourself as a night owl, but you must get up early to go to work, you are making a huge mistake. Not sleeping enough at night can not only impact your performance at work but it can also cause health problems - including cardiovascular disease.

Not Eating Breakfast

While you don't have to eat a giant breakfast at the crack of dawn to be healthy, at some point during the morning you should eat something - even if it's just a banana with some peanut butter on it. If you don't eat when you're hungry, you can cause your body to be weak and your brain unable to focus.

Reading Emails Constantly

Even at work you should not check your email all the time. Checking email (and social media) is a trap that might take you down a rabbit hole of no return. Instead, set a timer to check your email and social media or any other communication channel just three or four times a day at set times.

Sitting for Long Periods of Time

It often can't be helped, but if you sit for work then go home and sit some more, you're making a big mistake. This can impact your health and make it hard for you to do your job at all. Find ways to move around the office more, whether it's taking the steps or volunteering for the food runs so you can walk around.

Complaining about Everything

This can be a habit that sneaks up on you. You may not even realize that you are doing it. However, most people tend to complain more openly than when they express joy openly. To stop doing this, recognize the behavior and say something nice instead of something negative.

Comparing Yourself to Others

Anytime you start comparing yourself to others, it's a mistake. It's also a dangerous mistake. The reason it's so bad is that you have no idea what the person has really experienced in their life or what happens to them at home. You cannot compare because so much is different. It can erode your confidence and cause you to second guess yourself, making you look incompetent.

Thinking You're a Great Multitasker

Here is some news for you; no one is good at multitasking. If you're trying to multitask - even if it's required at work, it's going to be hard to get things done accurately. Multitasking is the curse of mediocracy. Do what you can to get out of that situation so that you can do your best work by fully focusing and being mindful about one thing at a time.

If you can replace these bad habits with good habits, you may end up becoming irreplaceable at work or you might boost your business to the next level. The main thing you want to do is to at least recognize which bad habits you have so that you can combat them with good habits.

Nine Habits That Are Bad for Your Mental Health

Experts claim the following nine habits can cause problems that eventually affect your mental health. Being aware of them can help you check yourself regularly to ensure that you're not experiencing negative mental health issues based on your bad habits.

1. You Have Bad Posture – You might not think of something as physical as this to cause problems with mental health. However, if you tend to slouch and sit wrongly, your mood might go with it - especially if you tend to experience pain from your bad posture especially as you age.

2. You're Prone to Perfectionism – Some people think "perfectionism" is a good quality to have but the truth is, having perfectionist tendencies is not a good thing. It can mean that you're procrastinating more, or it may mean that you are fearful of your life, including both success and failure.

3. You Experience Guilt Easily – One of the worst emotions that you can allow yourself to have regularly is guilt. Most of the time, guilt is a useless emotion not based on real reasons to feel guilty. If you feel guilty regularly, you probably don't feel loved or cared for, which can affect your mental health.

4. You Don't Exercise Regularly – Being sedentary is one of the worst habits you can have. Some studies suggest it's worse than smoking. That's pretty bad. If you sit more than four hours a day, you'll need to incorporate intentional exercise to avoid problems. When you don't move much, you may end up depressed.

5. You Have a Negative Mindset – If you've allowed yourself to develop the habit of always thinking negatively about things, it's time to turn that around. Negative thinking leads to anxiety and depression and feelings of powerlessness.

6. You Use Social Media Too Much – Reading social media posts is a proven bad habit for your health, especially your mental health. The main reason is that people tend to share and post more negativity than positivity.

7. You Don't Have Downtime from Screen Time – If you transition from your work computer to your home computer to your TV, that's way too much screen time. The light emitted from screens can interfere with your circadian rhythms, causing insomnia and daytime sleepiness.

8. You Don't Get Enough Sleep – If you have a habit of staying up late and not sleeping enough, you need to try to ensure that you do sleep between 7 to 10 hours a night. Everyone needs different amounts but if you're always tired, it will affect your mental health and make it harder for you to deal with issues.

9. You Don't Stay Hydrated – Drinking enough water and liquids each day is an important component in ensuring good health. Many people walk around dehydrated and don't realize it. If you are not counting your water and you feel tired, double check because it may be the water. When you feel tired, it can affect your mental health and make you foggy and unable to make good decisions.

These bad habits can lead to poor mental health due to the fact you're not going to be operating at the top of your game. If you want to ensure your mental health remains as good as possible, try to reverse these bad habits.

Eight "Bad" Habits That Are Actually Good for You

Believe it or not, some bad habits are really good for you. Sadly, our parents usually try to punish us out of or control us out of doing these things. Of course, everything is in moderation, right? Let's look at eight "bad" habits that are good for you.

1. Fidgeting - If you tend to wiggle a lot, your mom probably tried to stop it. Your partner might try too. However, fidgeting is good for you because it burns more calories and keeps your blood moving.

2. Gum Chewing – Sugarless gum is good for you. If you have the right dental work or your own teeth, chewing gum burns calories, helps you eat less, freshens your breath, and also cuts down on cavities.

3. Video Games – While there may be some games that aren't worth the added benefit, playing video games helps with developing fine motor skills, keeps the mind nimble, and by some reports can help give relief for chronic pain conditions by taking your mind off the problem.

4. Daydreaming – Finding a way to allow your mind to get bored enough to be able to daydream is very good for your mind as well as for your goals in life. You cannot create amazing goals for your life if you don't dream.

5. Swearing – Everyone has a swear jar growing up, either for parents or the kids. Swearing is considered inappropriate, but studies show that people who swear appropriately tend to have less stress in their lives. Remember that swearing is completely different from a slur. A slur is something you say about a person, whilst a swearword is just a curse word - otherwise known as an expletive.

6. Messiness – If you are a naturally messy person, take heart; you're likely also a very creative person. Messiness is sometimes a sign of creativity. If you want to be more creative, don't purposely become messy but realize that sometimes being messy is required to be creative.

7. Sleeping in Late – They say that "the early bird gets the worm," but do they? Sleeping well and enough each night is important to your health and brain function. If you stayed up late and need to sleep in and it won't cause you to get fired or miss something important – go for it.

Of course, you don't want to do some of these things when other people are around, but it's okay to accept some of these things as part of who you are and part of living life. Choose the habits you create, to build a life exactly as you want it to be.

SOFT SKILLS & LIFE SKILLS, REIMAGINED!

Smart Living Finishing Academy is an online training center where youth and young adults acquire certified skills to help enhance their personal attributes. These skills enable participants to interact more effectively and harmoniously with other people in school, in the workplace, during everyday living; to gain valuable life skills; and prepare for adulthood.

The Academy is an outgrowth of Your Life Your Brand where we encourage youth and young adults to excel in life, to be the star in their life story, and to build a personal brand that reflects who they are and their values.

At the Academy, we teach about adulthood: the state or condition of being fully grown.

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