

10 Bad Habits That Damage Our Brain



Working when ill

We all are in a rush, speeding, having too much things to do. We all work when we are sick, one thing or another. But, this means the body is begging for rest! Give the body some rest!



10 Bad Habits That Damage Our Brain



Rarely talking

Talking makes the brain work and activates it. Engage in intellectual talks as much as you can and boost the health of the brain.



10 Bad Habits That Damage Our Brain



Too much sugar

Sadly, there is sugar in everything we eat or drink. You will benefit a lot if you reduce it. For starters you can absorb more nutrients in the absence of sugar and prevent brain issues.



10 Bad Habits That Damage Our Brain



Covered head during sleep

It sounds weird but we need as much oxygen as we can get during the night, this limits you to breathe in the whole oxygen. Also, you get more carbon dioxide this way!



10 Bad Habits That Damage Our Brain



Covered head during sleep

It sounds weird but we need as much oxygen as we can get during the night, this limits you to breathe in the whole oxygen. Also, you get more carbon dioxide this way!

10 Bad Habits That Damage Our Brain



Overeating

This makes you gain weight, be obese, damages the stems in the brain and reduces the mental focus.

10 Bad Habits That Damage Our Brain



Polluted air

You can't wear a mask all the time of course, and there is not much you can do with this. The brain needs a lot of oxygen and this polluted air deprives us of it.

10 Bad Habits That Damage Our Brain



No breakfast

This meal is really the most important in the whole day, but when avoided all the time the blood sugar levels get spiked and low and irregular. After a night of sleep and no eating, you need food. Otherwise the brain gets no nutrients and is easily damaged.

10 Bad Habits That Damage Our Brain



No sleep

No sleeping for long periods of time reduces healthy brain cells. Sleep repairs the whole body from the stress and regenerates every cell.

10 Bad Habits That Damage Our Brain



Smoking

The worst of all habits here. It has many side effects but for the brain, it causes shrinkage and dementia related issues like Alzheimer's.