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Know the 7 deadly habits that take a toll on your well-being

Adopting positive habits key to building strength and resilience

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There are good habits, and then there are bad ones. Either way, they shape our lives: some serve as pillars of strength, while others are treacherous roads leading to self-sabotage and toxicity. Let's focus the seven insidious habits that, if left unchecked, can cast a dark shadow over our well-being.



Firstly, constant lack of sleep. The perilous journey of insufficient sleep unveils a cascade of health issues, from heart disease to cognitive derailment. In a world fixated on success, neglecting proper rest becomes a dangerous norm. Second, the absence of discipline — fueled by distractions and the siren call of pleasure — wreaks havoc across academic, professional, and personal realms. They lead to untold consequences, diminishing productivity, breeding underachievement.

Third, the disregard for health as our paramount asset is another malevolent habit. In the pursuit of wealth and ego massage, health is sometimes neglected. Yet, it is in the gym, in the mindful consumption of water, and the rejection of processed drinks that true vitality resides. Not working hard, or refusing to toil diligently and negative self-talk act as silent saboteurs.

There's more.

Clinging to the past, a habit akin to carrying a burden through life, and an unwillingness to forgive — whether others or oneself — as well as waiting for the “perfect time”, not only heighten stress levels but act as silent saboteurs. The illusion of a perfect time stands as a key barrier to being fully alive. Waiting for the opportune moment becomes a convenient excuse for inaction. In the battleground of habits, the choice is ours: to be ensnared by self-destructive tendencies or to break free, forging a path to a life of purpose, resilience, and fulfilment.

Numerous studies show that cultivating positive habits, being teachable/coachable, adopting a holistic approach to well-being, and actually taking action can lead to improved overall physical health, enhanced mental strength, and a more fulfilling life. The flipside: getting entangled in a vicious cycle of negativity, especially unforgiveness, are some of the deadly habits that snuff the fullness of life out of every human being, like you and me. We identified seven of these deadly habits: