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Trends | Posted on Mar 28, 2012 at 04:53pm IST

Looking back in anger could affect your health

Press Trust of India

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London: Don't look back in anger at your life - it may take a toll on your health, says a new study.

Researchers at the University of Granada have carried out the study and found that people who dwell on their past with regret or bitterness are more likely to fall ill in the future.

The study found that people's attitude to past events, present experiences or future expectations, influences their perception of health and their quality of life. Those who look back in anger are also more sensitive to pain.



Don't look back in anger at your life - it may take a toll on your health, says a new study.

The study also suggested that focusing too much on the future does not harm health -- but can stop people enjoying what they have.

The happiest and healthiest people, according to the researchers, are those who manage to enjoy the here and now, while making time to learn from the past and plan for future, the 'Daily Mail' reported.

"According to what we have observed, the most influencing dimension is the perception of the past. We have observed that when people are negative about past events in their life, they also have a pessimist or fatalistic attitude towards current events," said Cristian Oyanadel, who led the study.

Oyanadel added: "This generates greater problems in their relationships and these people present worse quality of life indicators."

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