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Sulking Over Past is Bad for Your Health

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Submitted by Pallavi Sharma on Thu, 03/29/2012 - 10:05 **Health Research**
TNM



There are three aspects of a life for every person - Past, Present, and Future. Every person lives their present lives, by looking back at their past and hoping for a future. But a study has shown that those people who dwell on their past with regret or bitterness are more likely to fall ill in the future.

Also, it is a common phrase that a person should only remember the happy parts of their past and not sad ones as it generates hope for a better

future. Researchers at the University of Granada have carried out the study, which showed that people who look back in their past in anger are more sensitive to pain. Moreover, even focusing a lot in the future can also stop a person to enjoy their present life. The best practice is to stop focusing a lot about past and future live the life to the fullest in the present. The most happy and healthy people are those who just worry about their present and live their life accordingly.

Dwelling on the past and getting saddened about all the missed opportunities is a common practice among many, which make them likely to fall ill and generally have a poorer quality of life.

During the study, researchers observed over 50 men and women. They were asked question about their past as well as future. The questions included how often they think about things they should have done differently, whether they worry about not getting things done on time and whether they live life a day at a time.

The results revealed that people who generally were in bad health had a habit of sulking about their past. There is a negative impact of this which leads to a deterioration of health.

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