

Amazing psychological facts about human behavior:

When you are ignored by someone you strongly care about, the reaction in your brain is similar to physical pain.

Your favorite song is probably your favorite because you associate it with an emotional event in your life.

68% of the people suffer from Phantom Vibration Syndrome, the feeling that one's phone is vibrating when it's not.

When someone misses you 80% of the time, they are likely to appear in your dream.

Study shows that people who walk fast tend to be the type of people that are intense and easily get unhappy.

Human behavioral studies suggest that a person who loses their cell phone experiences a panic similar to a near-death experience.

People tend to prefer the music of artists whose public personalities are similar to their own.

A hug longer than 20 seconds will release chemicals into your body that make you trust the person you're hugging.

Chocolate discharges the same chemical into your body that is produced when you start falling in love.

People tend to be happier when they are kept busy, as this prevents them from thinking about the negative things in life.

The longer you hide your feelings for someone, the harder you fall for that person.

Your decisions are more rational when thought in another language.

The type of music you listen to effects the way you perceive the world.

Memories get distorted over time. The average human has at least one false piece of memory.

Men who kiss their wives in the morning are thought to live up to five years longer.

Waking up just one hour earlier could reduce a person's risk of major depression by 23%.

When you start taking care of yourself, you start feeling better, looking better, and even start attracting better.

It is said if you dance before leaving the house in the morning, you are likely to walk out in the real world with an optimistic perspective.

First three seconds you wake up, you will not remember anything.

People who often help others are likely to be happier often and less likely to get depressed as and when they get older.

A study shows that living in a place with high water visibility is significantly linked to lower levels of psychological distress.

Sleeping directly after studying, you will remember what you have learned better.

Studies say that individuals who could instinctively use sarcasm to tackle a frivolous question have healthy mind.

In a group setting, people tend to look at the person they feel the closest to when the group laughs.

People would rather change the truth than change their views about people.

Friendship that started in the period between 16 and 28 years of age is more likely to be robust and long-lasting.

Happiness, anger, sadness, fear, disgust, and surprise are the six emotions that are universally expressed.

Dating and having sex with someone closer to your own age could mean you have more in common, more equal power, and have similar experiences.

Sleeping on your left side has the most health benefits, as it aids digestion, boosts brain health, and reduces snoring.

Parents who view failure as a negative event tend to have kids who are more likely to believe in intelligence is fixed and cannot be increased.

Religious practices, like prayer and attending services, is associated with lower levels of psychological distress.

Lonely people are likely to take long hot baths to replace their lack of social circle and emotions.

The average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s.

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