

Psychological Facts

- Women generally prefer men with deep husky voices because they seem more confident and not aggressive.
- The people who give the best advice are usually the ones with the most problems.
- The smarter the person is, the faster he thinks, and the sloppier his handwriting is.
- Women have twice as many pain receptors on their bodies than men, but they have a much higher pain tolerance.
- If you can't stop your stream of thoughts at night, get up and write them down. This will set your mind at ease so you can sleep.
- Doing things that scare you will make you happier.
- Listening to high-frequency music makes you feel calm, relaxed, and happy.
- Intelligent people tend to have less friends than the average person. The smarter the person is, the more selective they become.

- Travel boosts brain health and also decreases a person's risk of heart attack and depression.
- People look more attractive when they speak about the things they are really interested in.
- Women who have mostly male friends stay in a good mood more often.
- The happier we are, the less sleep we require.
- People who have a strong sense of guilt are better at understanding other people's thoughts and feelings.
- Your brain does more creative work when you're tired.
- The risk of both catching a cold or the flu and of having a particularly severe form of the infection drop if you exercise moderately.
- Being with happy people makes you happier.
- Depression is the result of over thinking. The mind creates problems that didn't even exist.
- You want more choices and information than you can process

- The type of music, you listen to affects the way you perceive the world.
- A hug longer than twenty seconds will release chemicals into your body that make you trust the person you're hugging.
- People are more honest when physically tired. This is why people confess things during late night conversations.
- Happiness, anger, sadness, fear, disgust, and surprise are the six emotions that are universally expressed.
- People tend to be happier when they are kept busy, as this prevents them from thinking about the negative things in life.
- When offered to write with a new pen 97% of people write their own name.
- Pretending not to care is the habit of someone who does care the most.
- Writing negative thoughts and tossing them in trash improves your mood.
- 90% of the times people with messy handwriting are more creative than average.
- Eating an orange has proven to reduce stress. That's why doctors recommend having an orange before going to work.

