HEALTHY NEWS

7 Signs of too much Negative Energy in Your Body

By bestfolkmedicine · 14/07/2022 · 3 min read



You may not be able to experience joy because there's too much negative energy in your body.

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At times, it may seem that everything is okay; however, you're not able to experience genuine happiness.

From the inside, you feel miserable and can't think of a reason why this is happening. Negative energy can enter our lives in numerous ways and one of them is being around negative people.

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To recognize that there are some bad vibes in your life, you should know the revealing signs. This will in turn help you remove the negativity which has been taking over your life.

The 7 Revealing Signs of too much Negative Energy in Your Body

1. **You take criticism seriously**

Not all those who criticize you are rude. In a way, this is only their perspective.

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Rather than taking every criticism seriously, use it to get better. Let this be a chance for you to work on your weaknesses and thrive to become better.

2. **Sleeping problems**

If you're plagued with negative thoughts and constant worries, your sleep will diminish. You can't close your eyes from too much stress and your mind is preoccupied with something.

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Try to resolve the stress adequately so that you can get a good night's sleep which comes naturally when you're relaxed rather than tense.

3. **You stay in your comfort zone**

Your comfort zone may be good for you and free of judgment, anger, and bad things, but it's rarely a place for growth.

We need to venture out into the world, explore, and meet new people in order to grow and expand.

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Otherwise, we're getting stuck in a vicious circle and wonder what's wrong. Doing new things shouldn't make us fear life, but get excited about it.

If we fail, it's part of life and a new learning experience.

4. **You compare yourself to others**

You're obsessed with your flaws and things you're missing out on in life. You tend to be very self-judgmental and this causes a lot of negative energy.

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You need to come to terms with the fact that no one is perfect and that it's in human nature to make mistakes. Rather than focusing on what others have or who others are, try to focus on accomplishing your personal goals.

5. **You worry 24/7**

You're full of negative energy if you can't find a peaceful moment without worries in the back of your mind.

You're struggling to overcome plenty of issues and get caught up in a net of negativity. Worry is normal and part of our life, but it doesn't bring us anything. Instead of worry, focus on practicing gratitude, mindfulness, and yoga.

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6. **You're too emotional**

You're a person whose moved by emotions easily.

This causes you to lose awareness of reality because you can't control your emotions.

In fact, they're controlling you.

Consult a therapist if emotional struggles are bothering you and try mindfulness and yoga for a calmer mind and higher awareness.

7. **You don't get excited about anything**

At the current moment, nothing excites you anymore and you're not looking forward to anything.

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You struggle to find happiness, but happiness is within you. Try to explore new things, take walks in nature, care for a pet, learn to play an instrument, join a workout class, etc.

Sources:

THE MIND'S JOURNAL

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