



#LIFEHACKS

SIMPLE WAYS TO REPLACE YOUR MOST HARMFUL HABITS

Smoking, scrolling for hours before bed, biting nails during stress, drinking too much fizzy soda, skipping breakfast, oversleeping mornings after staying awake all night, procrastinating important tasks till the last minute, and many more of our daily habits

are more harmful than we think. These habits slip into our lives quietly, and settle into our schedules without much thought. However, over time, they shape our health, mood, productivity more than we realise.

To begin with, smoking

remains one of the most harmful habits, despite widespread awareness. Beyond the well-known risks related to lungs and heart, nicotine makes cravings feel urgent and difficult to ignore.

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