



INTERESTING  
FACTS

200+  
PSYCHOLOGY  
FACTS

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SHARP READERS

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# 200+ Interesting Facts For You

**I'm excited to share with you more than 200+ Psychology facts with you.**

**If I genuinely talk about these interesting psychological facts. So, somewhere there is a role in our mind. It is difficult to know the extent of brain function.**

# Psychology Facts

- 1. Incredible. Interesting facts, not having friends has the same health risk as smoking a pack of cigarettes a day.**
- 2. The moment you are ready to quit is usually the moment right before the miracle happens.**
- 3. Your birth order says a lot about your personality.**
- 4. Stress is often referred to as “the silent killer”. And has been linked to heart disease. High blood pressure. Chest pain and early death.**
- 5. You are more likely to achieve your goals if you keep them to yourself.**

# Psychology Facts

**6. You are the artist of your life. Don't keep your paintbrush to anyone else.**

**7. Successful people do what they need to do, even when they don't feel like it. Toughen up.**

**8. Your lack of dedication is an insult to those who believe in you.**

**9. Don't waste board on people who deserve your silence, sometimes the most powerful thing you can say is nothing at all.**

**10. Sometimes you need to step outside, get some air, and remind yourself of who you are and where you want to be.**

# Psychology Facts

**11. Never apologize for being sensitive or emotional. Let this be a sign of that. You've got a big heart and aren't afraid to let others see it. Showing your emotions is a sign of strength.**

**12. The 3 C's in Life are choice, chance, and change. You must make the choice, take the chance, and if you want anything in life to change.**

**13. Be strong and courteous. Do not be afraid. Do not be discouraged. For the Lord, your God will be with you wherever you go.**

**14. In the end, we only regret the chances we didn't take.**

**15. One day someone is going to hug you so tight that all of your broken pieces fit back together.**

# Psychology Facts

**16. The darkest nights Produce the brightest stars.**

**17. One of the happiest moments in life is when you find the courage to let go of what you can't change.**

**18. God has placed you where you are at in every moment for a reason. Remember that and trust he is working everything out!**

**20. You have to fight through some bad days to earn the best days of your life.**

# Psychology Facts

**21. They laugh at me because I'm different. I laugh at them because they're all the same.**

**22. An Arrow can only be shot by pulling it backward. So when life is dragging you back, so the difficulties, it means that it's going to launch you into something great. So just focus and keep aiming.**

**23. Post in mind. Positive vibes, positive life.**

**24. Stop waiting for Friday, for summer, for someone to fall in love with you for life. Happiness is achieved when you stop waiting for it and make the most of the moment you are in Now.**

**25. You are free to choose, but you are not free from the consequences of your choice.**

# Psychology Facts

**26. You don't have to be great to start, but you have to start to be great.**

**27. If you want something you never had, you have to do something you have never done.**

**28. Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.**

**29. Don't let anyone ever dull your sparkle.**

**30. Too often we underestimate the power of a touch, a smile, a kind of word, Listening ear an honest complaint, or the smallest act of caring. All of which had the potential to Turn a life around.**



# Psychology Facts

**31. You realize you love someone when you want them to be happy, even if it's not with you.**

**32. Being ignored causes some chemical reactions in the brain as experiencing a physical injury.**

**33. A small amount of stress helps you to remember things better, but a large amount hinders your memory.**

**34. Studies have suggested that gifted people often have bad handwriting because their brains are working faster than their hands.**

**35. Cheaters tend to think everyone cheats liars. Think that everyone lies.**

# Psychology Facts

**36. If you suspect someone is following you, take your right turn. If they are still behind you, then they are following you.**

**37. If they don't reply after 2 texts, you need to find someone else to talk to.**

**38. Children exposed to violence in their family, so the same pattern of activity in their brains as soldiers exposed to combat.**

**39. Depression is often the result of overthinking. Our minds create problems that initially didn't exist.**

**40. Don't beg for anyone to stay in your life. If they want to be a part of your life, they will stay.**

# Psychology Facts

**41. Relationships last longer when you didn't tell people your business.**

**42. People with dark personalities tend to create a physically attractive veneer.**

**43. People who have a highly active sex life tend to look younger than their actual age.**

**44. Depression is the result of overthinking the mind creating problems that they didn't even exist.**

**45. Dating an awkward person is less stressful.**

# Psychology Facts

- 46. You love more and have more fun, which improves your quality of life and overall health.**
- 47. It takes 4 seconds for the silence to become awkward.**
- 48. People don't always need advice. Sometimes they need a hand to hold, an ear to listen to, and a heart to understand.**
- 49. Psychology says the better you become a person, the better you attract. Finding the right person begins with you.**
- 50. Psychology fact, A big part of emotional intelligence is being able to feel an emotion without having to act on it.**

# Psychology Facts

**51. It is a complete myth that stresses controlling hair grey, It can cause hair loss. In fact, hair loss can begin up to 23 months after a stressful event.**

**52. In recent studies, the top most stressful jobs are RA surgeon, commercial airline pilot, photojournalist, advertising account executive, and real estate, agent. The list of stressful jobs was actuary, dietitian, astronomer, systems analyst, and software engineer.**

**53. The top 3 stressful cities in America are Chicago, Los Angeles, And California, New York.**

**54. Stress can make acne worse. Researchers say stress releases inflammation rather than a rise in sebum is to blame.**

**55. The stress hormone, called cortisol, not only causes abdominal fat and accumulates, but it also enlarges individual fat cells, leading to what researchers call fat.**

# Psychology Facts

**56. Stress is linked to the 6 leading causes of death, heart disease, cancer, lung ailments, accidents, liver cirrhosis, and suicide.**

**57. The stress of caring for a disabled spouse increases the risk of stroke substantially.**

**58. Chronic stress can impair the development growth in children by lowering the production of growth hormone from the pituitary gland.**

**59. Stress causes the capillary to close, which restricts bleeding. If a flash wound should occur.**

**60. Person speaks less, but he/she speaks fast. He or she keeps secrets.**

# Psychology Facts

**61. In a relationship doesn't make you a better person than you are with the wrong one.**

**62. We are subconsciously more attracted to people who have the same music taste as we do.**

**63. The psychology facts about a cheating woman, win her background reports. Lists on familiar social profiles, She starts working late or spending time away from you.**

**65. Research has shown that dark chocolate reduces stress hormones such as cortisol and other fight-flight hormones. 66. Stress can alter sugar levels, which can cause mood swings, Fatty, And metabolic syndrome, a major risk factor for heart attack and diabetes.**

# Psychology Facts

**71. In the animal kingdom, humans are the only mammals who delay their sleep.**

**72. On average, a person falls asleep in 7 minutes.**

**73. If you fall asleep in less than 5 minutes, then you are likely asleep Deprived.**

**74. It's impossible to tell if someone is really awake without clothes, or medical supervision people can take cat naps with their eyes open without even being aware of it.**

**75. Do you know that many people like much longer to fall asleep, meaning thousands of Americans suffer from a condition known as Somniphobia, Beach means a person has a fear of falling asleep.**



# Psychology Facts

**76. If we talk about sleep disorders then insomnia is the most common sleep disorder.**

**77. Woman sleep more than men, which means women are more likely to multitask, meaning their brains work harder and therefore take longer to recover.**

**78. For young people, high school age need 9 to 10 hours of sleep at night. This is due to the brain power they need to learn and also to fuel their changing bodies. But researchers show that 2/3 of US high school students get less than 8 hours of sleep On a school night.**

**79. Parents of newborn babies lose 6 months' worth of sleep in the first 2 years of their child's life.**

**80. Newborn baby sleep on average 15 to 16 hrs in 24 hrs.**

# Psychology Facts

**81. Research shows that creative people sleep more but less well.**

**82. For those who fly regularly for work, could be more at risk of sleep Deprivation. Flying at high altitudes leads to disturbing sleep due to the lack of oxygen.**

**83. Getting less than 7 hours of sleep each night can make you angry, sad, and depressed.**

**84. One sleepless night affects your brain in the same way as being drunk.**

**85. Because sleep by memorizing everything correctly as lack of sleep can affect your memory as sleep triggers changes in the brain that solidifies memories.**

# Psychology Facts

**86. Research shows that lack of sleep can cause weight gain because when you sleep you can actually burn calories, so sleep is important if you want to maintain a healthy weight.**

**87. Sleeping under a weighted blanket can improve your sleep and has even been proven to help those who suffer from insomnia and anxiety.**

**88. Cool your room down to between 16 to 67 degrees Fahrenheit (16 to 20 degrees) for the best quality sleep.**

**89. 30 minutes of exercise each day calories with 14% extra minutes of sleep per night.**

**90. 12% of people dream entirely in black and white.**

# Psychology Facts

**91. 2/3rd of a Cat's Life is spent asleep.**

**92. Human spends 1/3 of their life sleeping.**

**93. The record for the longest period without sleep is 11 days.**

**94. It's not uncommon for deaf people to use sign language in their sleep.**

**95. Parasomnia is a term that refers to natural movements during your sleep.**

# Psychology Facts

**96. You only need 8 hours of sleep a night.**

**97. Sufficient sleep improves your memory.**

**98. Watching TV or using your phone is a good way to relax before bed.**

**99. There are 5 stages of sleep. Drowsy, Light Sleep, Moderate sleep, Deep sleep, and Rapid Eye Movement (REM) Sleep.**

**100. One of the most important psychology facts is, Sleep helps you to manage your emotions.**

# Psychology Facts

**101. It only takes up to 4 minutes to decide whether you like someone or not.**

**102. Your soulmate is the safest place where you can share everything.**

**103. There will be a mutual addiction between you and your soulmate.**

**104. The next level of connection between you and your soul mate is when you meet.**

**105. You will sign with positivity and fully confident toward your soulmate.**

# Psychology Facts

**106. The excitement level between you and your soul mate is very high.**

**107. The psychology facts about your soulmate  
Each he or she always supports your work and  
also advised you.**

**108. I study 1000 people so that women who  
have tall husbands tend to be happier, the  
larger difference in height between husband  
and wife, the better the relationship will be.**

**109. Most women are attached to men, who  
poses a strong sense of humor as it indicates  
higher intelligence and honesty.**

**110. If you hold hands with someone you love, it  
can help alleviate physical pain as well as stress  
and shear.**

# Psychology Facts

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# 200+ Psychology Facts