

Practical Tips On How To Stop Twisting Your Hair

Are you searching for tips to stop twisting your hair? Here are a few common sense ideas to help you get rid of this annoying habit. The activity usually accompanies boredom or preoccupation. For some it is a stress reliever. Whatever your excuse for randomly pulling and twisting your hair, check out these ideas to cut down on your habit.

Chances are that you learned this habit by imitation. You may have been so young at the time you started, that you don't even remember it. Perhaps you saw someone at home do it on a regular basis.

The first thing to do if you want to get a handle on this pesky habit is to enlist some help. Your friends and family can keep an eye on you. Ask them to gently draw your attention to what they see, whenever they notice you reaching for your locks. This may be enough to stop you in your tracks before you get too far into the activity.

Now you need to find an occupation for your hands. If they are busy, they cannot be in your flowing locks. What are the best activities to keep those hands away from your head?

Many hair twisters claim that they must get their hands into sticky, wet messes to keep them down from their crowns. They wash walls, bake bread, paint and build things to occupy their fingers.

Others prefer to remain in a comfortable sitting position. They may opt for holding a pet, a baby, a sketch pad or a computer keyboard to keep their hands occupied.

Any activity involving your hands will help you kick this habit. Just find what suits you best and do it in your free time. You will find those fingers will forget all about your hair!

The best way to stop hair twisting is to find an activity which you find relaxing and enjoyable. It must be an activity which requires the use of your hands. If you use these tips you will soon find that you have too much to do to find time for twisting your hair.

About the Author

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