



1 **Sedentary lifestyle** usually leads to minimal movement of your neck and shoulders, causing the lack of blood circulation at your neck area.

2 **Constant exposure to low temperatures** can result in our neck and shoulders “catching a cold”. Therefore, it is best to keep your neck area warm by wearing a sweater or even a scarf or turtleneck top.

3 **Many of us are not getting enough sleep!** This results in our neck and shoulders muscles not being able to recuperate properly at night. Over time, it may turn into a chronic neck pain condition.

4 **Bad sleeping posture** can cause you to wake up with a sore neck. This condition can get serious when the tension caused by your constant bad sleeping posture accumulates and may result in a more permanent chronic ache.

5 **Your frequent cold shower** causes your muscles to tense up and you might even feel slight numbness at your limbs the next day and aggravate any persisting neck strains.

6 **When you are lethargic or feeling tired,** you may have the tendency to take a short nap at your desk or in your car. Insufficient support for your neck as you lean your head forward or backward can cause you neck and shoulders aches.

7 **Are you always easily agitated or in a bad mood?** Research has shown that people with regular mood swings or bad temper can affect muscle regeneration. Over time, your neck and shoulders are more prone to pain and aches. Therefore, try to keep calm and stay positive!