

NO COMPLAINTS DAY

There's certainly nothing wrong venting out once in a while. But that doesn't mean you should make it a habit. If you vent this way every day, the chronic complaining can start to affect your health, whether it's by increasing your stress levels, adding to your anxiety, or pushing your loved ones away.



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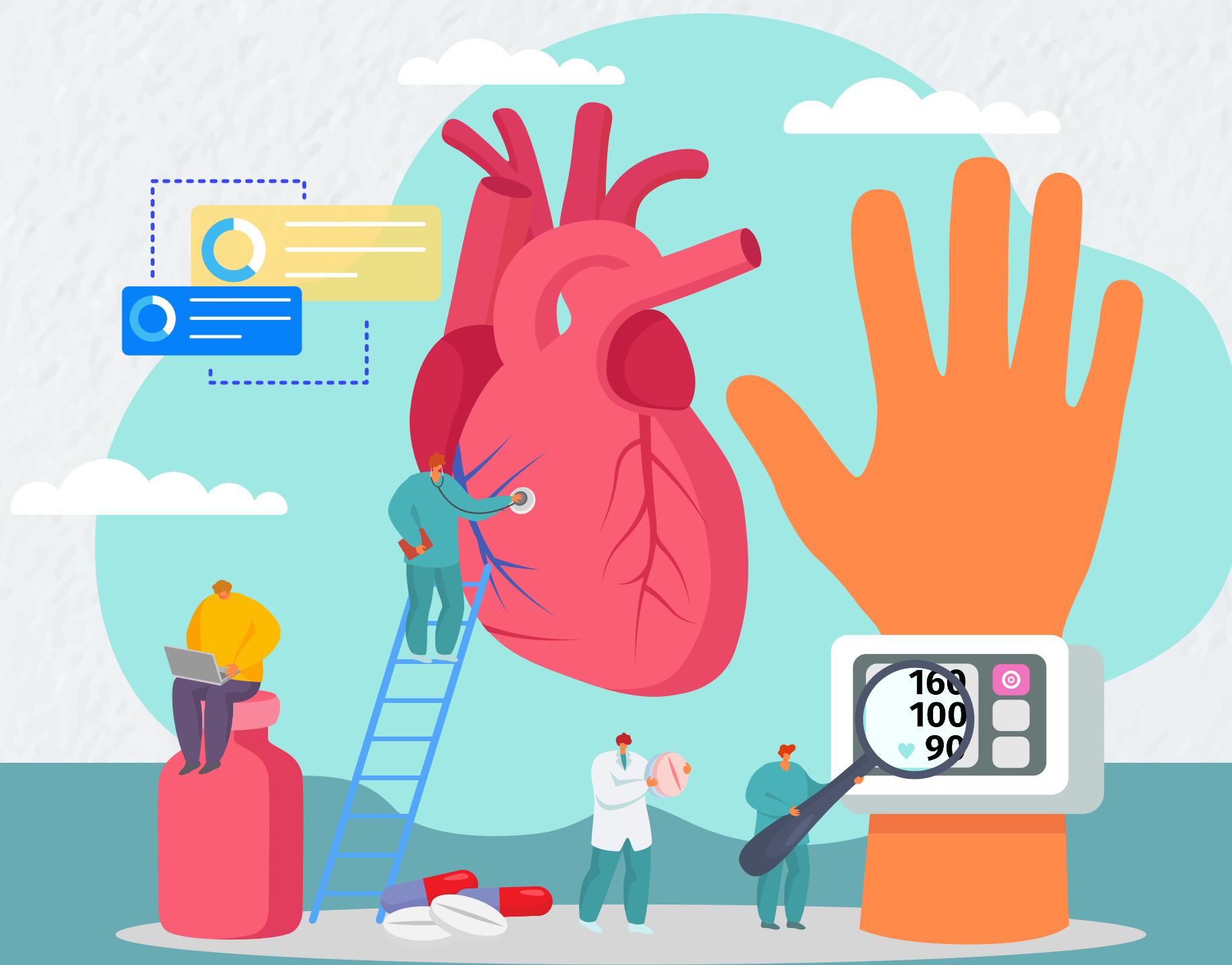
When you complain, your body releases the stress hormone cortisol. This hormone is beneficial for situations where you actually need to go into a fight-or-flight mode, but it's not something that you want released into your body on a regular basis.




Cortisol can cause high blood pressure, high cholesterol, diabetes, obesity, heart disease, and can even increase your chances of having a stroke.

It's safe to say that complaining is certainly something that does far more harm than good.

Take a break from complaints today. Complaining is not only bad for you but it also affects those around you.




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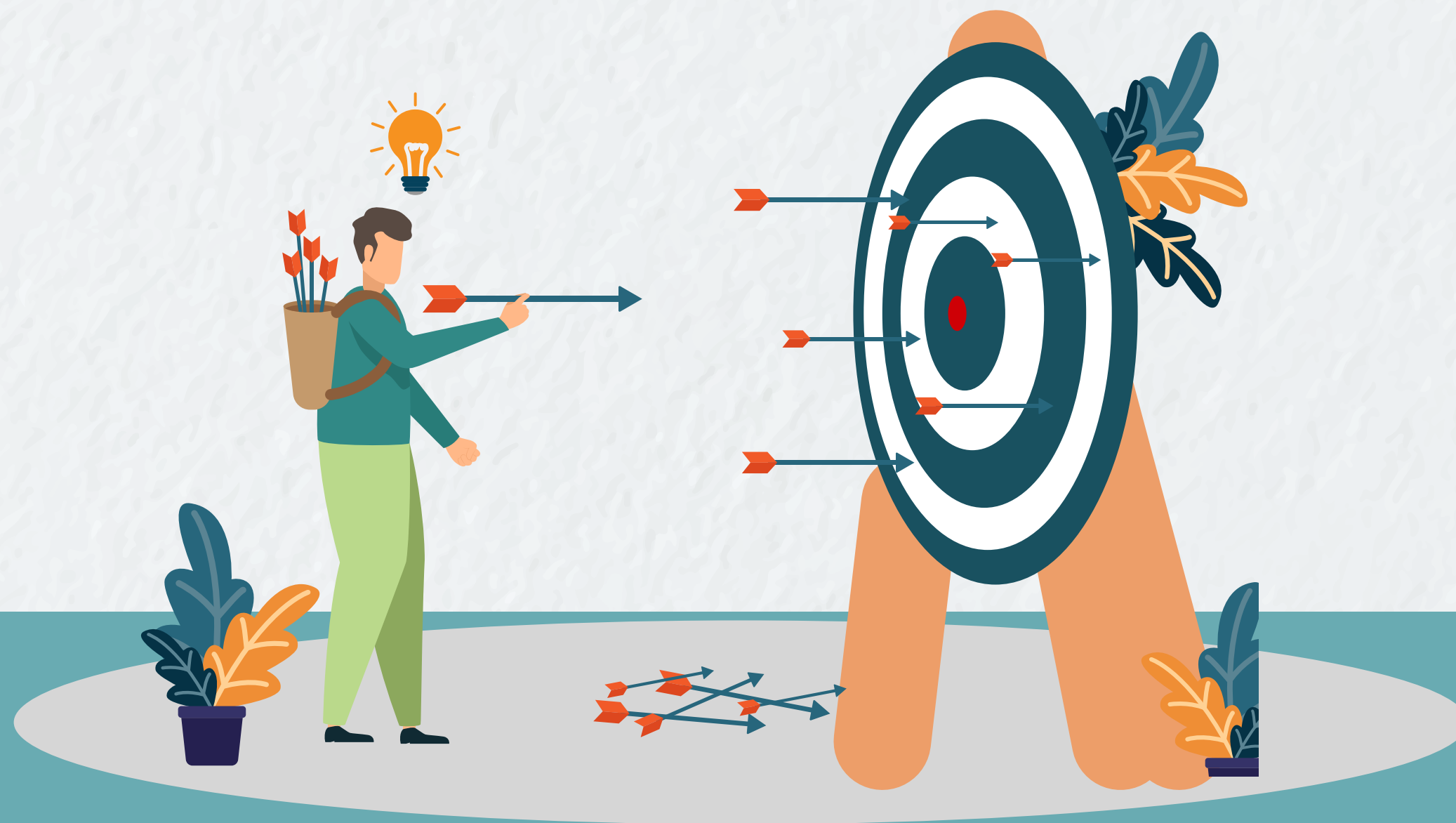
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Become solution focused. When you see a problem find alternate solutions or take the help from dependable source.

If you feel the need to fix things around you. Fix it without complaining. Let every problem pass through a positive filter. You will notice that things aren't that bad.

Complaining and gratitude do not go hand in hand. When you practice more of gratitude complaints will fade away.

Make your day joyful



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