

Complaining Is Terrible for You, According to Science

Why do people complain? Not to torture others with their negativity, surely. When most of us indulge in a bit of a moan, the idea is to "vent." By getting our emotions out, we reason, we'll feel better. But science suggests there are a few serious flaws in that reasoning. One, not only does expressing negativity tend not to make us feel better, it's also catching, making listeners feel worse. It sounds like a good idea, but it's dead wrong," psychologist Jeffrey Lohr, who has studied venting, memorably explained. OK, so complaining is bad for your mood and the mood of your friends and colleagues, but that's not all that's wrong with frequent negativity. It's also bad for your brain and your health. Yes, really. On Psych Pedia, (the science of happiness) Steven Parton, an author and student of human nature, explains how complaining not only alters your brain for the worse but also has serious negative repercussions for your mental health. Here are three of the ways he claims that complaining harms your health:

1. "Synapses that fire together wire together" - This is one of the first lessons neuroscience students learn, according to Parton. "Throughout your brain there is a collection of synapses separated by empty space called the synaptic cleft. Whenever you have a thought, one synapse shoots a chemical across the cleft to another synapse, thus building a bridge over which an electric signal can cross, carrying along its charge the relevant information you're thinking about," Parton explains.

"Here's the kicker," he continues. "Every time this electrical charge is triggered, the synapses grow closer together in order to decrease the distance the electrical charge has to cross.... The brain is rewiring its own circuitry, physically changing itself, to make it easier and more likely that the proper synapses will share the chemical link and thus spark together--in essence, making it easier for the thought to trigger."

So let's boil that down--having a thought makes it easier for you to have that thought again. That's not good news for the perpetually gloomy (though happily, it seems gratitude, can work the opposite way, building up your positivity muscles). It gets worse, too. Not only do repeated negative thoughts make it easier to think yet more negative thoughts, they also make it more likely that negative thoughts will occur to you just randomly walking down the street.

Parton explains how these closer synapses result in a generally more pessimistic outlook: "Through repetition of

thought, you've brought the pair of synapses that represent your [negative] proclivities closer and closer together, and when the moment arises for you to form a thought...the thought that wins is the one that has less distance to travel. Gloom soon outraces positivity.

2. You are whom you hang out with - Not only does hanging out with your own negative thoughts rewire your brain for negativity, hanging out with negative people does much the same. Why? "When we see someone experiencing an emotion (be it anger, sadness, happiness), our brain 'tries out' that same emotion to imagine what the other person is going through. And it does this by attempting to fire the same synapses in your own brain so that you can attempt to relate to the emotion you're observing. This is basically empathy. It is how we get the mob mentality. It is our shared bliss at music festivals," Parton writes. "But it is also your night at the bar with your friends who love to constantly bitch."

The takeaway lesson is, if you want to strengthen your capacity for positivity and weaken your reflex for gloom, "surround yourself with happy people who rewire your brain towards love."

3. Stress is terrible for your body, too - All of which sounds like a good argument for staying away from negativity to protect your mental health, but Parton insists that quitting the complaining habit is essential for your physical health, too. "When your brain is firing off these synapses of anger, you're weakening your immune system; you're raising your blood pressure, increasing your risk of heart disease, obesity and diabetes, and a plethora of other negative ailments," he says.

The culprit is the stress hormone cortisol. When you're negative, you release it, and elevated levels of the stuff, "interfere with learning and memory, lower immune function and bone density, increase weight gain, blood pressure, cholesterol, heart disease.... The list goes on and on," says Parton.

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BIRTHDAYS... WELCOME... INFORMATION...



Happy, Happy Birthday

Kathy L	5/1	Louise L	5/7
Albert G	5/5	Julia M	5/11
Lori D	5/6	Jeanie M	5/21
Marie J	5/7		

The Resident's Birthday Party is the last Wednesday of every month, in the Dining Room. Entertainment w/ Larry sponsored by Compassion Care, Birthday Cake sponsored by CareMore.



Meet Your New Neighbor

Rachel	136	Rosanna	249
Barbara	162	Mona	251
Monica	241	Milton	347

TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days
 Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Thursday	2	9:00 - 11:00	Trip to Bank
		2:15 - 4:15	Hobby Lobby, Target, Ross or WinCo
Tuesday	7	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	The 99 Cent Store
Thursday	9	9:00 - 11:00	Trader Joes
		2:15 - 4:15	Aliante Casino
Tuesday	14	9:00 - 11:30	Wal-Mart
Thursday	16	9:00 - 11:00	Big Lots
		2:15 - 4:15	Hobby Lobby, Target, Ross or WinCo
Tuesday	21	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	Horses for Heroes and petting zoo, wear walking shoes
Thursday	23	9:00 - 11:00	The Dollar Tree
		2:15 - 4:15	Smith's Grocery Store
Thursday	30	9:00 - 11:30	Wal-Mart
		2:15 - 4:15	Hobby Lobby, Target or Ross

HOW TO STOP COMPLAINING & BECOME HAPPIER

If you complain quite often, it's not entirely your fault. Science has revealed that evolution favors complaining. We need to focus on problems to fix them and improve our lives. Moreover, nothing unites people better than a common dislike. So, don't blame yourself if you complain too much. Once you realize that complaining is sucking your energy, see it as an opportunity. Why? Because not many people make the effort to fix their complacency. Once you stop complaining, you'll discover newfound energy and happiness in your life. Complaining drains our energy by producing stress hormones every time you complain. The more you complain, the more you'll have to complain about. This creates a vicious circle of negativity, increasing your stress and anxiety levels.

Wired For Change - The first step to stop complaining is to understand neuroplasticity. Neuroplasticity is the ability of our brain to form new neural connections, especially in response to new learning or experiences. So how does this help stop complaining?

The key here is that complaining is just a thinking habit that can be changed.

How to Stop Complaining - Now that you know you can change, here are six practical ways to stop complaining and become a happy person.

1. Go on a 'No-Complaint Diet' - When you catch yourself complaining, pause and say something positive about the situation. This no-complaint diet can last from hours to days, but start small. Start with a 3-hour period to be mindful and focus on the positives. For example, if you catch yourself saying that, "I feel so tired and overworked. I hate my life", pause for a moment, breathe, and say, "But it will make me a workhorse and increase my odds of success. And I still get two hours to relax every night!"

2. Stay Away From Complainers - Famous motivational speaker Jim Rohn used to say that you are the average of five people you spend the most of your time with. If you are surrounded by people who complain about everything and praise nothing, you need to keep away from them. Remember, criticism causes anxiety, stress, and blocks awareness. On the other hand, praise increases awareness and energy.

3. From Complaints to Solutions - When you become aware of your complaining behaviors, take note of the few things that bother you the most. It might be your noisy neighbor, aggressive boss, or unsupportive spouse. Once you figure out the problem, take consistent action until it is fixed.

Sometimes we forget that problems cannot be solved without conscious effort. As Tony Robbins says, "The only problem we really have is we think we're not supposed to have problems! Problems call us to higher level – face and solve them now!"

4. Break it with "But" - Whenever you catch yourself complaining, add "but" at the end of the sentence and say something positive. For example, "I am so lazy, I will never be successful"..."but laziness is just a habit and I can change it. I will exercise ten minutes every day to have more energy."

5. Count Three Blessings Every Day - Sometimes the best way to eliminate negatives is to add more positives. Choose a time and count your three blessings at that time every day – before bed or after waking up is generally preferred by most people. In fact, soldiers are often taught this exercise for mental strength when all they can see around is bodies drenched in blood. The great thing about gratitude is that you cannot feel thankful and angry at the same time. So it dissolves all negativity.

6. Meditate - Meditate for a few minutes every day to center your mind. Once you are grounded in the present, you will stop being reactive towards tough situations. Things are not bad, your mind and perception make them bad. Take control of your mind with meditation. This makes you more aware of situations, and as a result, you are always calm and composed even in tough situations. Now that you know how to stop complaining, move forward in life with a positive attitude. Try some of the techniques to form a new habit of feeling fulfilled and positive.



WHAT'S HAPPENING IN YOUR COMMUNITY



Volunteer Appreciation Dinner
April 10, 2019
Thank you to all our amazing volunteers!



GET TO KNOW YOUR NEIGHBOR

Leila Doren was born Leila Clark in Moccasin, Montana to Mae Hull Clark and Robert Clark. Leila was the youngest of 6 children, she had 2 brothers, Robert and John and 3 sisters. Roberta, Connie and Jeanette.

When Leila was just a baby her family moved to Las Vegas, Nevada by way of the railroad. Las Vegas was just a small-town population of about 2,000, so their home was in the heart of downtown at 1st and Fremont. This would have been prime real estate. Leila and her siblings attended Fifth Street Grammar school and were members of the Catholic Church. Leila says she had a strict father who made certain the children were baptized and participated in the communal rituals.

Leila attended Las Vegas High School and was a majorette in the school band. Leila also participated in the annual Helldorado Parades that was held in Henderson.

While in high school Leila had two boyfriends, they were both named Jack. Jack 1 was not of the same religion as her and she knew this could never be. Jack 2 did not have a religion and very much liked Leila. Jack 2 went into the military upon graduating from high school. Leila thought she may never see him again.

Leila was very happy when Jack returned safe and sound from Korea. Upon his return Leila, Jack and a few of their friends decided to take a trip to Tijuana where on a whim Leila and Jack got married. This of course was not valid in the US but turned out to be a very good decision. Leila and Jack were officially married shortly thereafter and started their life together. Soon they added two children to their family, Tom and Carol. The family spent a great deal of time together and especially enjoyed visits to Lake Mead. This was a great way to spend the hot summers where temperatures rarely drop below 100° at night.

Jack had a very good job working at the Nevada Test Site as a High-Speed Photographer which allowed the family to enjoy a comfortable lifestyle. One of the highlights of Leila's life experiences was a family vacation to Hawaii. Where they were able to watch the filming of Blue Hawaii with Elvis Presley. This was very exciting for Leila, because Elvis was such a good-looking man.

After the children had grown and started to work Leila just happened to land a great job at the Flamingo Hotel as a Travel/Tour Hostess. She enjoyed this job and stayed with the company for 14 years.

Leila enjoys good humor and feels it is essential if one wishes to be happy in life. Leila lost her husband to cancer in 2002 and misses him greatly. Her children live close by and come to visit often, however she has had a hard time not having her little dog here with her.

When asked if there was anything, she wishes she could go back and do over, she said she would go back and see what might have happened with the other Jack. Who knows maybe she might see him again by chance? Leila enjoys visiting with her new friends at Silver Sky and is grateful for their welcoming friendship.



RELIGIOUS SERVICES

Sundays	7:30 AM	Catholic Mass Channel 6 KVCW (TH)
Fridays	11:00 AM	Catholic Services w/Deacon Frank (MR) Rosary to follow service
Wednesdays	2:00 PM	Gratitude and Encouragement w/ Volunteer residents Myrna (TH)

MOTHER'S DAY

*Mother's Day
Luncheon, Sunday
May 12th - 11:30
In the Dining Room*



**REMEMBERING
OUR HEROES ON
MEMORIAL DAY!**

I love you
MOM



**Resident Council
Is the Last Monday of the
month at 2:00PM (MR)**

WHO'S WHO AT YOUR COMMUNITY

Robert Colbert R.N., R.F.A. - Vice President Assisted Living
Nicole Graham M.H.A., R.F.A. - Executive Director
Erin Leroux R.N. - Director of Wellness
Joe Leiningner - Food Service Director
Dawn Lewis - Director of Community Engagement
Barbara Phillips - Activity Coordinator
Derrick Pino - Medication Care Specialist
Salvador Martinez-Valle - Sr. Lead Maintenance Tech
Shadé Momodu & Carmelita Means - Receptionists
Nancy Voag - Transportation

Office Hours:
Monday - Sunday 8:00AM - 6:00PM
If you have any questions,
Please call or come by,
6741 N. Decatur Blvd. Bldg. 3
Las Vegas, NV. 89131
(702) 462-7700



Early Cinco De Mayo
Celebration
May 3th ~ 9:00

Take a swing at our Piñata,
on the back patio



Let's celebrate!

Silver Sky a Deer Springs
Is Celebrating our
8th Anniversary
Wednesday, May 8, 2019

4:30 - 6:00

Kentucky Derby Theme
Dinner & Entertainment

For more information

~ 702-462-7700 ~

