

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



Lola M. 5/5 Lois L. 5/20
 Patricia F. 5/7 Ninette H. 5/27
 Ben S. 5/17 Florence A. 5/30
 Sophie B. 5/19

*The Resident's Birthday Party is on **May 28, 2019** at **2:30pm** in the **Dining Room**. Birthday Cake & Musical Entertainment by Tommy & Susan sponsored by Compassion Care.*



Meet Your New Neighbors

Leo & Shirley 133 Valerie & Carolyn 216
 Valerie B. 201 Linda C. 232
 Henry F. 211 Bill S. 311

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 - 11:30 2:00 - 4:00	Hobby Lobby / Barnes & Noble Dollar Tree
Tuesday	7	9:00 - 11:30 2:00 - 4:00	Wal-Mart Wal-Mart
Thursday	9	9:00 - 11:30 2:00 - 4:00	Smith's Grocery The Bank / Post Office
Tuesday	14	9:00 - 11:30 2:00 - 4:00	Wal-Mart Savers Thrift Store / Big Lots
Thursday	16	9:00 - 11:30 2:00 - 4:00	99 Cents Store / Sprouts Grocery Target / Ross
Tuesday	21	9:00 - 11:30 2:00 - 4:00	Wal-Mart Wal-Mart
Thursday	23	9:00 - 11:30 2:00 - 4:00	Bed, Bath & Beyond / JOANN Fabrics & Crafts Kohl's / Walgreens
Tuesday	28	9:00 - 11:30 2:00 - 4:00	Wal-Mart Albertson's / CVS
Thursday	30	9:00 - 11:30 2:00 - 4:00	TJ Maxx / HomeGoods Red Rock Casino

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



Residents love gathering around the piano while Volunteer Sharon B. plays some familiar tunes.

Residents Mary & Doris with their painted pots and spider plant.



Resident Suzanne showing off her potted Spring flowers on Earth Day



Resident John and Skilo with Volunteer Kasey and Frankie the pup.



GET TO KNOW YOUR NEIGHBOR CONNIE S.



Meet Connie Swan! Connie was born and raised in Chicago, Illinois. She went to an all-girl Catholic high school and was taught valuable life lessons by the nuns. “I told my mother I wanted to go to public school with all of my friends. She turned down that idea in an instant, but I am so thankful I was given the opportunity to go to a great school in Chicago.” Connie grew up in a strict household with her younger brother, Phil. The one thing she admired about her parents was that they never failed to put their children first. She had a close-knit bond with her mother and father and valued their strong relationship and love for one another. Connie’s mother worked as a seamstress at Blum’s Vogue on Michigan Ave, now known as Chicago’s Magnificent Mile. Connie remembers the intricate designs and fashionable pieces that her mother would put together.

In Chicago, Connie enjoyed spending free time with her family and friends. One day, she was invited to a bowling tournament at a family friend’s bowling alley. During the tournament, she spotted a young gentleman, Thomas. She turned to her friend and said, “wow, he’s so nice looking!” After the tournament ended, she made her way over to the bar area where she “unexpectedly” stumbled upon Thomas. He noticed Connie and offered her a drink at the bar. The two sparked up a conversation and Thomas invited Connie to grab a slice of pizza. Connie insisted that she would only go if her two friends could come along. Connie and Thomas unknowingly had their first date over a slice of pizza and that was the beginning of their lifelong adventure. “He was a very caring man. The boy who grew up on a dairy farm in Nebraska turned out to be the love of my life. He was somebody I never dreamed I would end up marrying.” Connie and Thomas married in the winter of 1959 at a Justice of Peace in the city of Chicago. The two raised five children together.

In the 1970’s, Thomas and Connie moved to Anaheim, California after Thomas found a job as a lithographer for a printing company and Connie worked as a secretary for a mortgage company. Connie and Thomas enjoyed weekend getaway trips to Las Vegas. They traveled to various states along the way and enjoyed pit stops and the scenic route to Utah and Arizona. In 1990, they made Las Vegas their home and bought a house after retiring.

Connie’s children live in different states of the country, including Illinois, Kansas, California, and Nevada. She cherishes their visits and time spent with them. A quote she lives by is “life is short, make the best out of it and have a good time.” She enjoys playing Bingo and Poker and is grateful to be living at Silver Sky and has made many friends along the way!

RELIGIOUS SERVICES

Tuesdays	2:30pm	Bible Class w/ Jamie from Upland Bible Church (TH)
Wednesdays	2:30pm	Torah Class w/ Rabbi Chaiton (Every Other Wednesday / AR)
Thursdays	2:00pm	Catholic Services & Communion w/ Joe or Ray (TH)
Saturdays	10:00am	Prayer Group & Communion w/ Jenny (TH)
Sundays	10:00am	Bible Study w/ Resident Judy (AR)

MOTHER'S DAY



JOIN US FOR A

Mother's Day Tea Party

hosted by CareMore

FRIDAY • MAY 10 • 2:30PM

ACTIVITY ROOM

Sign-up at Front Desk
by May 6

WHO'S WHO AT YOUR COMMUNITY

Robert Colbert, RN, RFA - Vice President Assisted Living

Mike Trail, CPhT, RFA - Administrator

Jeanne Koester, RN - Director of Wellness

Joe Leininger - Executive Chef

Sabrina Severson - Medication Care Specialist

Barbara Phillips - Activity Coordinator

Karen Rodriguez - Activity Specialist

Jorge Reyes - Dining Services Coordinator

Jose Monroy - Lead Facilities Technician

Yvonne Vera & Lisa Cecere - Receptionist

Crystal Johnson - Transportation

Office Hours:

Monday - Sunday 8:00AM - 6:00PM

If you have any questions,

Please call or come by,

(702) 835-9040

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