

# Mindful Memo

Week 17– December 6<sup>th</sup> - RCMA Wimauma Community Academy

## The Complaint Cleanse

Research shows that the average person complains about 30 times per day. When we complain, we are basically training our brain to focus on the negative. This week's challenge is to go on a "complaint cleanse." Follow the below steps to mindfully put complaints in check.



**Listen Objectively:** Most of us don't realize our excessive complaining (Kvetching is the Yiddish term) and negativity bias. When we take time to listen objectively, we may recognize we're putting out more negativity than we'd like.



**Find the Root:** Once a pattern of negativity is recognized, examine the root cause. Emotions and problems seem bigger when we're stressed or anxious. What could be causing this response? Why is this complaint our focus?



**Decide if the complaint is worth feeding (it probably isn't):** Does the complaint deserve more energy? If it's a genuine issue, put that energy into a solution. If it doesn't, release it.



**Replace the thought with gratitude:** Positive neural pathways are carved by focusing on the things that are going right. Life is full of challenges, but there is always something for which we can show gratitude.

**COMPLAINING IS  
FINDING FAULTS,  
WISDOM IS  
FINDING  
SOLUTIONS**

- AJAIN BRAHM -