

BLOG PRACTICE TASK

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5 Secrets to Leading a Calm and Peaceful Life

The worst part of it all is that the average person does it 15 to 10 times a day. The most damaging part is that we don't even realize we're doing it. It becomes a natural part of life.

Complaining.

It's a poisonous habit you haven't realized has robbed you of your joy. Your calm. Your peace.

In 1996 a Stanford study revealed the truth. Complaining and being complained to for 30 minutes and above can physically destroy the brain. Really, life doesn't have to be this way.

Here are 5 proven techniques to break free from this energy-draining obsession:

#1 Change Your Mindset

Instead of being full of criticism that isn't constructive- focusing on the negative. Transform the engine of your whole body.

Your mind.

Develop an attitude of gratitude. No matter how dark the situation. Complaining can be constructive when paired with a tangible solution. Complaining without any solution equates to whining.

#2 Permit yourself to vent every now and then

The world has changed. I don't know how many people still like to journal their thoughts, but this is a powerful tool to have a focused mind. Instead of focusing on the negative, try journaling all that you're feeling whether good or bad.

Create a safe space to share what you feel. Without judgment.

It's easier said than done but it takes 21 days to build a habit, right? Maybe you can start today?

#3 Keep Active- Loving Yourself enough to make exercising your priority

After training a minimum of 3 times a week I noticed a change in just a few weeks. A clear mind. Fewer eruptions on my part. More patience. Especially with loved ones (they sure know the right buttons to press to set you off). A greater sense of self-confidence.

With much observation, I began to understand that my lack of self-confidence caused me to complain more. And some more. And just a little bit more.

It was my control mechanism.

#4 List all the things you are grateful for

Take a moment to think about all the amazing people in your life. What about the incredible things that have happened in your life so far? It's hard to see these things when your mind becomes clouded with complaints. Practice writing these things frequently and watch your world change in less than a year.

#5 Be the change you want to see in the world around you

Wisteria.



This plant has the strongest scent at night spreading its beautiful aroma, while all the other plants sleep.

Imagine how beautiful that must be. Joy is contagious. Choose to be full of joy and spread that joy around you, like the Wisteria plant.

In a room with complainers sometimes at work or even at home with family in front of the telly, choose to speak up. Speak up to switch the conversation to a more positive note. Better still say nothing and refrain from joining in.

You *can* live a life full of calm. Full of peace. A few changes to the way you *think*. The way you *speak*. The *attitude* you have. Could be the colorful ingredients your life has been thirsting for.

Why not begin your journey to a new life today?

Enjoy our MindFULL app now with 1-week FREE of our virtual journal notebook

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“Instead of complaining that the rose bush is full of thorns, be happy the thorn bush has roses.”

~Proverb