Stop Whining and Start Doing

If you find yourself whining or complaining more and more at your work place then you must make the necessary changes. We all have complaints about something in our daily lives whether it is standing too long in line at the bank, the long red light we have to wait for at the stop light, how come there isn't anything good on television, and people who are slow drivers.
Regardless of what you whine about, the fact is that you need to stop doing it. Constant negative thoughts will only prevent you from thinking positively and hinder your productivity at work.

For example, say your co-worker talks to herself all the time in the cubicle next to you. She may not realize that she is doing it. Some people chew on their nails as a nervous habit while others grind their teeth subconsciously. If your co-work talks to her by asking herself questions then giving the answers or just speaking out loud, the best way to approach this situation is to ask her to stop.

Complaining to your co-worker about how she talks to herself won't resolve your problem. Try to tune her out as best you can and refrain from letting it negatively affect your work.

Typically, those who complain and whine their entire lives are in a pattern they can't break. If you are stuck in the same cycle, take a step back and look at yourself through the eyes of others. Do they appreciate you complaining about every little thing at work? Would you want to be friends with someone who complains all the time? You don't know how bad you feel until you feel good and you don't realize how much you whine until you stop.

What happens when you constantly eat unhealthy foods and do not exercise? You will become fat, out of shape and have health issues for the rest of your life if you don't change your mentality and gain some discipline. The same goes for thinking negatively and constantly whining. This type of thinking is a bad habit you must break before you do long term damage to yourself. If you are easily stressed (which can lead to more complaining) then find ways to relieve your stress before you have a nervous breakdown.

When you feel like you are on the verge of complaining and feel the stress coming, take a step back, relax and resume your work. Take a five minute break before you go off the deep end. You can confront your negative thoughts by understanding that they are a problem that needs a resolution.

As to what was said earlier, if your co-worker won't stop talking to herself then you should confront

her about the situation instead of constantly thinking about how much you hate her. People tend to be more understanding if you approach them in a calm, respectful manner.

With all this being said, you still have a right to complain and whine occasionally, but don't make it a recurring habit. Do not get upset and overreact to every little annoyance in your life. This is no way to live a life, wouldn't you agree? Once you stop whining and start doing by taking action and confronting your problems, then you will become more productive at work and live a healthier life in general. If you are generally unhappy and constantly whine, no one but you can correct it.