

# Holiday Haters Rejoice: Being a Grinch Might Be Good for You

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## ***TIME:***

We all know that Thanksgiving is a time for giving thanks. It's right there in the name, you can't miss it. However, the holidays can also mean spending a lot of time with your family, which, if you're like most people, can be stressful. If your mom is constantly telling you to stop being a Grinch, now you can tell her that being negative can actually be a positive for your health.

Two studies out this week indicate that negative comments can have health benefits. As MSNBC reports, complaining can help inspire people to change a bad situation. "In order to actually change the system, you've got to know what's wrong with it," says India Johnson, a graduate student at Ohio State University who helped lead the study, which is headed to the journal *Psychological Science*. So if your father insists on deep-frying the turkey every Thanksgiving, despite the fire hazard and health risks, complaining about it could cause him to flip the bird and tell *you* to stuff it, but he may hand over turkey baking duty to you.

Read the full story: [TIME](#)