

Add x to both sides: $x^2 + x + \frac{7}{4} = 0$

Substitute $a = 1$, $b = 1$, and $c = \frac{7}{4}$ into the Quadratic Formula:

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

$$x = \frac{-1 \pm \sqrt{1^2 - 4(1)\left(\frac{7}{4}\right)}}{2 \cdot 1} = \frac{-1 \pm \sqrt{1 - 7}}{2} = \frac{-1 \pm \sqrt{-6}}{2} = \frac{-1 \pm i\sqrt{6}}{2}$$