

TIPS WHEN HAVING A BAD DAY



WHEN YOU'RE HAVING A BAD DAY

1. Pause. Breathe. Reset.

Take a few deep, slow breaths. It's okay to have low-energy days.

2. Do one kind thing for yourself.

A nap, a walk, your favorite snack, or music—small acts can shift your mood.

3. Talk to someone you trust.

Even a short message or check-in with a friend or family member can help.



BONUS: AFFIRMATIONS

1. Be kind to yourself.

Mistakes don't define you. They're proof you're trying.

2. Learn, don't shame.

Ask: "What can I learn here?"
Not "What's wrong with me?"

WHEN YOU'RE FEELING STRESSED



Name what's stressing you.

Write it down, Clarity reduces overwhelm.

Move your body.

Stretching, walking shaking out your arms—Physical movement helps discharge stress.

Take breaks often.

Even 5 minutes of rest, nature, or stillness can help

Control what you can. release what you can't.

Let go of trying to fix everything at once. One step at a time is enough.

4. Make amends if needed— then move on.

Repair what you can but don't live in guilt, Growth matters more. I am still worthy, even when I mess up.
