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## SEVEN WAYS TO TURN A BAD DAY AROUND

No matter how hard you try, bad days will creep up every now and then. While you can't control the things that happen to you, you can manage your reactions. You can also help a negative situation by taking action to fix the problem.

Your first job is to accept that you're having a lousy day. Once you realize this, you can consciously decide that you're not going to dwell on the negative anymore. Letting all those emotions spin around in your head will only make your day worse.

Your next job is to find something you can do to cheer yourself up. Everyone is different and likes different things. What cheers you up will not necessarily be the same for everyone.

### TRY SOME OF THE FOLLOWING IDEAS FOR TURNING YOUR BAD DAY AROUND:

1. **Find a relaxing activity.** A bad day will likely cause you to tense up and get stressed out. You can fight this feeling by engaging in something you find relaxing, such as prayer, meditation, reading, or going for a walk.
2. **Talk it out.** You might enjoy the release of telling your problems to someone else. Seek out a friend and vent a little. You likely don't even need advice but rather a sounding board to listen to while you let out all the negative feelings built up over the day.
3. **Think of what has gone right.** Then, take a moment to be grateful. Yes, you're having a bad day, but there are many things to be thankful for. Then, shift your attention to something you like about your life, like seeing your kids happy or spending time pursuing your favourite hobby.
4. **Take a nap.** Maybe a little catnap will improve your day if you've got the time. It could be like pressing the reset button on your day so you can start again when you wake up from your nap. If you can't take a nap, practice resetting your day with deep breathing techniques.
5. **Treat yourself.** While you don't want to get into the habit of indulging yourself every time something terrible happens, if you're having an especially bad day, you probably deserve it. So, take yourself out for ice cream, chocolate, or a favourite treat. A sugary snack will help improve your mood and make you more upbeat. But be careful not to overdo it!

If you're having a bad day, remember that you have managed to get through every bad day you've had. You'll make it through this one too.

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6. **Do something nice.** A bad day might make you want to sulk in the corner, but nothing turns around a bad day like doing something nice for someone else. It'll help to get your focus off your situation while doing something positive for someone else.
7. **Write it down.** Writing is a great way to release your emotions. For example, write a letter or email to someone you love. It may help you to vent and catch up with someone. Journal writing is another option that allows you to let go of your negative thoughts without anyone else ever reading them.

The next time you encounter a bad day, use these simple tips to turn that frown upside down and make the most of the day!