



Seven Ways to Turn a Bad Day Around

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

Your first job is to accept the fact 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 is only going to 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 is not necessarily going to 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 is likely to 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 while you let out all the negative feelings that have built up over the course of the day.
- 3. Think of what has gone right. Take a moment to count your blessings.** Yes, you're having a bad day, but there are also many things to be thankful for. Shift your attention to something you like about your life, like seeing your kids happy or spending time pursuing your favorite hobby.

4. **Take a nap.** If you've got the time, maybe a little catnap will improve your day. 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 starting your day over through deep breathing techniques.
5. **Treat yourself.** While you don't want to get into the habit of indulging yourself every time something bad happens, if you're having an especially bad day, you probably deserve it. Take yourself out for ice cream, chocolate, or a favorite treat of your choice. A sugary snack will help improve your mood and make you more upbeat. But be careful not to overdo it!
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 of your situation, while you're doing something positive for someone else.
7. **Write it down.** Writing is a great way to release your emotions. 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 it.

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!