

## Seven tips to reverse a bad day

### Bad Days (and Consequences) Are Common

Everyone has bad days. While bad days are common for all of us, you may not have thought about the ramifications that your bad day can have on others you run into:

- Negative self-talk: a bad day can quickly lead to repeating negative self-talk. Too much negative self-talk leads to you actually believing these bad thoughts about yourself
- Decreased immune system: many bad days lead to chronic stress, which can lead to a poorly functioning immune system. You need a strong immune system all the time, but especially during the coronavirus pandemic.

### 1 Recognise What Is Making You Have a Bad Day

The first step to turning around a bad day is recognising what started the bad day. Was it a negative comment from someone? Perhaps you got in a fight with your mum while trying to get her ready to go out or because your car wouldn't start.

When you are able to recognise your bad day and what caused it in the first place, you can work out how to address the situation.

### 2 Solve What You Can

If you can solve whatever is making you have a bad day, take care of it immediately. For example, if you are feeling upset because someone showed up late for the third time this month, address it with them quickly.

Stressed out because you missed a deadline? Carve the time out of your calendar soon to take care of it.

When you eliminate the point of stress, you can take control and start to turn your day around.

### 3 Fake It 'Til You Make It

Bad days do not always have a specific cause. Some days, you just feel unmotivated, upset, frustrated, or angry for no apparent reason. In these cases, you can adapt the skill of faking it until you're making it. Shake off your bad day with any of these tactics:

- Put on a song you like and dance in your kitchen, your car, or in Sainsbury's car park.
- Visit a someone who is guaranteed to make you laugh
- Take a walk around the block; fresh air and endorphins can do wonders
- Read a silly joke
- Meditate on your own or via an app like Headspace
- Recite your favourite mantra
- Intentionally take five deep breaths

### 4 Acknowledge Grief

Sometimes, we have bad days because we are terribly sad about someone we know whose illness took a turn for the worse, such as someone who received a scary diagnosis. It's okay to feel knocked down and sad about these things.

You don't have to fake happiness throughout your day in these cases; instead, you can find comfort by acknowledging your loss and honouring that. You might find comfort in prayer or meditation.

## 5 Remind Yourself What's Important

It's more difficult to get down on yourself and have a bad day if you have tangible reminders that you are good at what you do and what you do is important. Consider starting a "Feel Good File" either electronically or in a journal. Keep mementos here of encouraging words you have received from family members, friends, professional organisations, or others.

When you are having a bad day, indulge yourself in pulling out a nice email you got a few months ago or remembering something nice someone said to you. It's an instant boost of positivity wrapped up in nostalgia.

## 6 Ask for Help

If your bad day is stemming from feeling overwhelmed, now is the perfect time to learn to ask for help. You might ask a neighbour to help you out with work you have neglected the past few days, or you might text a friend to say you are having a bad day and you could use some positive vibes.

Remember, it's never a sign of weakness to ask for help. It's a sign of confidence.

## 7 Try Again Tomorrow

Some bad days are just bad, no matter how many tactics you try to turn it around. In these cases, remind yourself that tomorrow is a new day and has new opportunities to try again. You might even want to write "try again tomorrow" on your planner, or on a post-it note to keep somewhere close when you need the reminder.