5 TIPS FOR FEELING

BETTER ON A BAD DAY

We all have bad days, but bad days, don't mean a bad life. You can navigate yourself back to a more positive place through healing, self-awareness, and practice. Here are five ways you can practice feeling better on a bad day.

1. **You are 100% responsible for your mood at any given moment.**
   Circumstances don't dictate your mood. You do.

2. **Accept the negative place that you're in.**
   There's no reason to judge your bad day as morally wrong or evil. It just is what it is.

3. **Give yourself space to get away and rest.**
   It's not selfish to take some time to remove yourself from life to rest and recover. It's vital.

4. **Pay attention to your thoughts and look for the trigger that spurred your current thoughts.**
   Then, take those thoughts captive and replace them with new and positive thoughts.

5. **Let others in your life know how you're feeling.**
   So they can support you as you recover.