

10 Tips for putting a Bad Day in its place

We all have one occasionally. It often starts with small things. So what can you do about it? Here are suggestions for putting a bad day in its place.

1. Put it in perspective

Remember, there are 365 days in a year. This day is only one of them. Tomorrow will bring new opportunities.

2. Count your blessings

It sounds simple but it works. Make a list of 20 things you are grateful for in your life. Add to it every day. Review your list when you are feeling down.

3. Use humour

Laughing is a great way to release emotional energy and rise above your setbacks. Humour is healing. Learn to laugh at your self. Crack a joke at your own expense. Look for the absurdity in the situation. Find someone to laugh with.

4. Focus on solutions

Don't dwell on all the things that went wrong. Train your brain to think about solutions. What can you do about the problems you've encountered? What actions can you take starting today?

5. Focus on positives

What you focus on determines your reality. Try not to let a few bad events determine how you feel about a whole day. Often there are good events that go unnoticed. Focus on those positive things about the day that you have taken for granted.

6. Take a mental vacation

At least once in your day, stop what you are doing and take a few minutes to calm your mind and body. Close your eyes and breath deeply. Loosen your shoulders. Relax your muscles. Visualize yourself in a peaceful setting.

7. Lose yourself

Instead of focusing on your own problems, volunteer your time to help a friend, family member or neighbour. You'll feel better about making a difference in someone else's life and it will get you out of your self focused thinking.

8. Avoid spillover

Unresolved stress from one area of life, such as work, often spills over into other areas, such as your home or friendships. Resolve to put your work problems away when you are home. Try not to take it out on your loved ones.

9. Keep a journal

Writing can be helpful in letting go of negative emotions. Writing it down can clear your head, help you better understand yourself, and create perspective. Don't worry about how it sounds. Just put your pen on the paper and start moving your hand.

10. Plan for tomorrow

Before you go to sleep at night, make a plan for the next day. Decide what you will do and do differently. Set some short-term goals of things you want to accomplish.

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