

# How to Turn a Bad Day Around



**Sometimes, you just have a bad day. It happens to all of us.** But sometimes it's possible to stop a bad day and turn it into a good one, or at the very least, slow it down. Let's explore how to turn a bad day around.

## 5 Ways to Turn Around A Bad Day

**1. Breathwork is a great place to start**, especially in the heat of the moment. Excuse yourself to a private space if you can, like the bathroom, to create an opportunity for a reset. Deep, rhythmic breaths in and out will help your body know it's safe, and help to bring your nervous system back into balance.

**2. Exercise helps in a similar way to breathwork.** Trust that the movement of your body and the repetitive, rhythmic breathing of a cardio workout will pull you into a different physical state, which has the chance to pull you into an improved emotional state.

**3. Awareness is important**, because without knowing what emotion you're feeling and what caused that emotion, you can feel like your emotional experience is out of your control. Journaling is a good place to start.

**4. Self-compassion** is a self-talk tool that can actually help. Instead of beating yourself up, talk to yourself as if you were talking to a close friend, or even a child who's upset. Use tender, understanding language.

**5. Gratitude is always worth a shot** because of how many studies back up its effectiveness at bringing us to an improved emotional state. It's a bit like a multivitamin: if you don't know how to fix your emotional world, try gratitude. This could be as simple as picking three things you're grateful for in the room you're in.