



Good Care for Bad Days

We all have bad days. And it's usually those days that we don't take good care of ourselves. Bad days certainly pass – but here are some ways you may be able to make them pass a little faster:

- Take a deep breath!
- Listen to music – it will comfort you (and it doesn't necessarily have to fit your mood)
- Journal your feelings – writing helps work through it
- Play with your pet
- Meditate or do yoga
- Watch a funny movie
- Take a nap
- Stay off social media – or unfollow negative people
- Read a favorite book
- Unplug from technology – and just center yourself!
- Call a friend – no texting, no face time. Kick it old school.
- Give someone a hug. They'll likely reciprocate. And you could use one.

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