

## 25 THINGS TO DEAL WITH HAVING A BAD DAY

1. Head to the beach.
2. Hug your pet.
3. Hang out with some kids doing kid-stuff.
4. Avoid social media for a day.
5. Unplug from technology.
6. Go for a mindful walk.
7. Listen to your favourite music.
8. Meditate.
9. Binge watch your favourite series.
10. Declare a couch/pyjama day.
11. Go for a drive.
12. Surround yourself with positive people.
13. Read an uplifting book.
14. Take a long hot shower or run yourself a bath.
15. Treat yourself to a massage.
16. Pick up the phone and call someone.
17. Hug it out.
18. Make yourself a cup of tea.
19. Go to the movies and watch something on the big screen.
20. Take a mental health day.
21. Get crafty or arty.
22. Pour yourself a glass of wine and pamper yourself.
23. Go get your hair done, even if it is a wash and blow dry
24. Have sex.
25. Go back to bed.