9 Keys to Surviving a Rough Day

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Everyone has good days and bad. *When faced with a bad day, do everything you can to make the most of it.* At the very least, avoid making it worse. A bad day doesn't mean you should just throw in the towel. You only have so many days left, so take full advantage of each one. You can accomplish something worthwhile, no matter how bad of a day you're experiencing.

Survive a bad day and make the most of it:

1. **Avoid behaviors that make a bad day even worse.** Complaining, overeating, yelling at a coworker or loved one, or drinking are just a few ways to potentially make a bad day worse. *Why throw gasoline on the fire?* Keep your wits about you and hold on. Tomorrow is a new day. It might be your best day ever.

2. **Maintain your perspective.** Maybe your boss hates your report, but it beats the heck out of living under a bridge. No matter how bad your day is, it could be a lot worse. And many are faced with far worse each and every day. Things will get better.

3. **Meet with a friend for dinner.** People love drama as long as it isn't their own. Your friend would love to hear about your bad day over a delicious dinner. You can tell your story and unburden yourself, all while enjoying your favorite restaurant.

4. **Remember that it's just one day. *You can handle one bad day.*** You've already successfully survived many in the past. Finish the day but look forward to tomorrow. Things can only get better, right?

5. **Avoid making any important decisions.** A bad day isn't the best time to decide to quit your job, give up on your dream of law school, or end a relationship. All of those things can wait until your mood and circumstances have normalized. Again, avoid doing anything that can make your crummy day significantly worse.

6. **Make plans that excite you.** Decide to get away for the weekend or buy that new iPod you've been eyeing for the last few months. ***Give yourself something to look forward to in the near future.***

7. **Learn a lesson.** Is there anything you did to cause your bad day? Could your rough day have been prevented? Can you learn anything from this experience? A rough day isn't so bad if you learned something useful from it. Make the best of it.

8. **Breathe.** Unless you're underwater, breathing is always a good idea to relieve tension and regain control of your emotions. Just breathe and get your work done. Completing everything that needs to be done is more challenging when everything seems to be going wrong, but you'll feel more satisfied at the end of the day if it wasn't a complete loss.

9. **Take a nap.** Sometimes you can reset your day and your brain by taking a quick nap. Maybe you'll see your situation in a new light. A nap also provides a needed break.

Deal with your bad days effectively. ***When you're experiencing a bad day, focus on survival and completing the most important tasks.***

Most importantly, avoid using a bad day as an excuse to do something stupid or you might find that it can get worse. Follow these strategies and you'll get through your rough days in the best ways possible.