



Helpful Tips To Help You Get Through A Rough Day

Get ready to slay your bad day!

Allow yourself permission to have the bad day and allow yourself to feel what you are feeling. Then take a moment to pull yourself together and then choose any of the options below to help you get through the rough day.

The lord will fight for you; you need to only be still. Exodus 14:14

- Go to a quiet place to recharge - pray or meditate
- Stretch - yoga or pilates
- Put on some worship music or any of your favorite music - something uplifting
- Take a nap
- Get an adjustment or acupuncture
- Get a hug from your favorite someone
- Get out in the sunlight (Vit. D)
- Eat your favorite snack - chocolate, candy, ice cream, etc.
- Take a hot bath or shower
- Do one thing that is productive - even if it is just make your bed
- Watch a funny or your favorite movie
- Take some deep breaths
- Write in a journal

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

- Think of all of your blessings - praise God
- Do something that you enjoy
- Go for a walk or a run
- Reach out to a friend/ family member
- Go plant a flower or plant that you've always wanted
- Go start or tend to your garden
- Go for coffee or tea with a friend
- Exercise
- Go for a hike
- Read a book
- Focus on a new tomorrow
- Get a massage
- Paint your fingernails/toenails

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philipians 4:8