

Bad days happen to everyone. Sometimes we can pinpoint exactly what happened, while other times we feel like we just woke up on the wrong side of the bed. No matter the reason (or the lack thereof) you can turn your day around. Below are a few actions you can take to flip your bad day on its head.

6 Simple actions to take when you're having a bad day:

(1) Move your body.

Go for a walk, a run, or head to the gym. Do something to get your heart rate up and your blood pumping. Research shows that regular exercise can reduce anxiety, depression, and stress, all while improving cognitive function. If you're feeling stagnant, literal movement may just be the thing to snap you out of it.

(2) Get into nature.

In our digital and admittedly convenient world, everything we need is often at our fingertips. We don't need to forge for food, hunt for meat, or seek shelter in the woods. The downside? This pulls us away from the need to get outdoors - often resulting in spiritual disconnect, and even depression. Schedule a time to get outside everyday -whether it's a walk, hike, or viewing the sunset.

(3) Connect.

Bad days often come with a dose of loneliness, and a concentrated focus on self (specifically what is wrong/missing). Connecting with others is an easy way to get out of your own head. Call a friend, perform an act of service for a stranger, or mindfully spend time with your pet. All of these things will remind you that you are not alone.

(4) Get creative.

Human beings are creative beings. Unfortunately, as we grow-up we often push our creativity to the side. Tap back into your creativity and see what comes up. Sing, paint, head to a ceramics class, write a poem, etc. The possibilities are endless.

(5) Treat yourself.

It's hard to feel worthy of a treat when you are having a bad day and feeling unproductive. This is a great opportunity to practice self-compassion and allow yourself a reward just for being. Get a massage, head out to the movies, indulge in your favorite coffee, or simply head out for a drive.

(6) Practice mindfulness.

Most of the world's successful leaders constantly preach the importance of their meditation practice - and for good reason. Meditation and other mindfulness exercises help you get present with what is actually happening in the moment. Sit down and focus on your breath, or practice through the simple act of journaling. Building awareness around your thought patterns is key to breaking free of them.

Choose an action and run with it.

There is no 'right' action to take to change the trajectory of your day. The important part is to choose an action and run with it. Play around with this list, try working out if you have the energy, or try 20 minutes of journaling if leaving the house is a barrier you don't think you can overcome. Challenge yourself if you feel this is the key to a shift, and treat yourself if you just need time to relax. The key? Just doing SOMETHING.