
So, you're having a bad day...

Congratulations! You're human!

I think there's this false idea out there that we are supposed to be happy all the time. I don't think that's possible.

Just as we have good days, we have OK days and we have bad days too. We're not always gonna be super pumped about life!

That's ok.

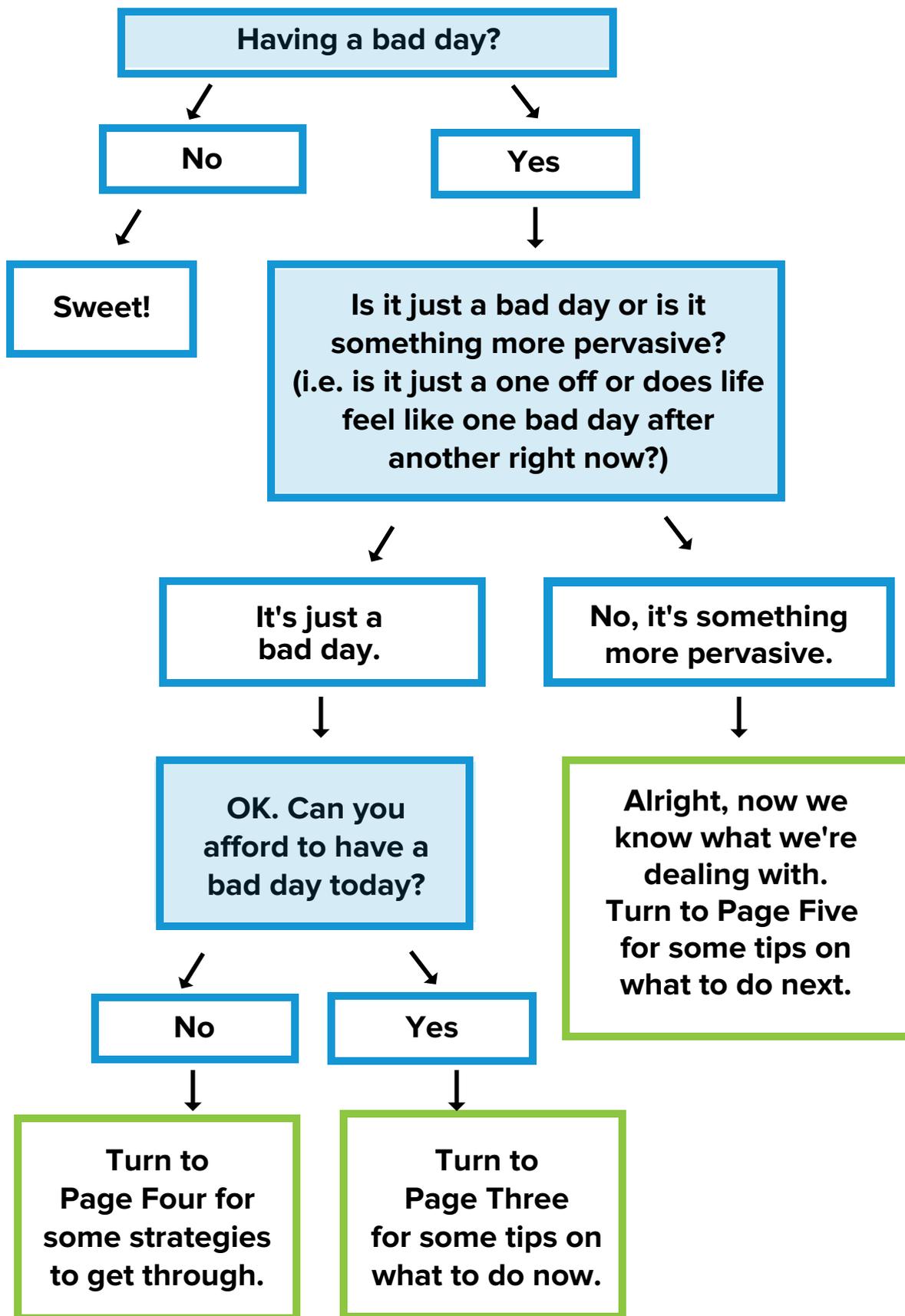
Bad days, crappy times, big challenges - they happen to all of us.

But how do you tell the difference between a bad day and a more pervasively hard time? And how do you get through both?

I've created a flow chart to help you find out what you're dealing with AND how to tackle it.

I hope it helps you.

Turia xx



Bad day busting strategies

Over the years I've developed a whole list of things to do when I find myself having a bad day.

The next time a random bad day crops up for you, try some of these strategies to bust through it:

- 1.** Accept it. Acknowledge it.
Say to yourself: "Yes I'm having a bad day today. It's just a feeling. Tomorrow will probably be better".
- 2.** Repeat a mantra in your head.
Since hospital, I've used this mantra: I may feel bad today but I won't always feel this way.
- 3.** Practice gratitude.
I have stacks of gratitude exercises in my eBooks [Mindset Magic](#) and [Good Selfie](#) but a simple exercise is to simply think of three things you're really grateful for right now.
- 4.** Ask yourself "What can I learn from this?".
In times of failure or stress, I used to ask myself "Why am I always messing up?" and then I'd focus on all the other times I'd made mistakes or faced a challenge. But changing that question to "What can I learn from this?" helps me to focus on the future and how I can improve. Try it!
- 5.** Re-frame the situation.
Remember - you're in charge of how you see a challenge. You can look at in the worst way, or you can look at in the best way. [Click here](#) for more info on how to re-frame your challenges.

But I don't have time for a bad day!

Maybe you've got an exam or job interview, a big meeting or something else you've got to be on your game for - you just can't afford a bad day right now.

Below are my fave quick fixes for times like that.

- 1.** Work out. Even doing just 20 push ups or 20 squats can change your physiology. If you've got a spare minute - jog on the spot for 60 seconds!
- 2.** Chill out - literally. Have a cold swim or a cold shower. It'll shock you right out of your state.
- 3.** Less time than that? Emulate what a confident or happy person does. Pull your shoulders back, paste a smile on your face, walk tall and look people in the eye. Do a quick power pose in the bathroom (look up Amy Cuddy's Ted Talk on this).
- 4.** Decide that today isn't going to be a bad day. Sometimes you just have to call it and choose not to let the negative stuff get to you.

Last year, I was booked to give a speech on the same day as the anniversary of the fire. It can be an emotional day for me and I found myself feeling really stressed and negative. But I didn't want to let the event organisers down, so I pulled my shoulders back and just had to decide to have a good night - it ended up being one of the best speeches I've ever given and was a really positive experience over all.

Sometimes you just have to own it, stand tall and decide how you're going to feel. You're 100% in charge of your own happiness.

I'm going through something more challenging than a bad day.

If life has thrown you a major curveball, or you're dealing with some adversity, I'd recommend the following strategies for getting through it. All have been a huge part of my journey and I hope they help you too.

- 1.** Nourish your mind with something that inspires you, motivates you, or gives you perspective. Books, movies - whatever gives you a hit of inspiration. Check out my [Resource Bank on Page Six](#) to get started.
- 2.** Move your body – I don't care if it's weights, sprints or a walk. However you can move your body - do it. When you move, you get endorphins, which make you feel better.
- 3.** Find a role model – maybe someone in a similar position who has turned their life around (Sam Bailey was mine). What did they do to get through their challenge? What did they do that you can do?
- 4.** Give back. We can get into the habit of being so introspective. Helping others gives us much needed perspective.
- 5.** Practise gratitude. Focus on everything you do have going for you.
- 6.** Talk to someone. You don't need to go it alone. If necessary, see a professional. My psychotherapist was crucial in my recovery.

Organisations such as Beyond Blue, Lifeline and Reach Out can help you to find the support you need. I've listed their contact details on Page Seven.

resource bank

Below is a list of books and movies I recommend for whenever you feel like life is getting too hard. These helped me, and I'm sure they can help you too!

Cool Movies

The Blind Side, Million Dollar Baby, My Left Foot, Good Will Hunting, The Shawshank Redemption, Forrest Gump, Erin Brokovich, A Beautiful Mind, The Diving Bell and the Butterfly, The Intouchables (French film), Cool Runnings, Touching the Void, Mulan, Remember the Titans, Pay It Forward, October Sky.

Cool Books

Head Over Heels by Sam Bailey
Never Tell Me Never by Janine Shepherd
Don't Die with the Music in You by Wayne Bennett
Pushing the Limits by Kurt Fearnley
Soul Surfer by Bethany Hamilton
Good Night Stories for Rebel Girls by Elena Favilli and Francesca Cavallo
True Spirit by Jessica Watson
Wonder by R.J. Palacio
The Girl Who Climbed Everest by Alyssa Azar
Into Thin Air by Jon Krakauer
The Happiest Refugee by Anh Do

mental health resources

Reach Out

Reachout.com helps under 25s get through everything from everyday issues to tough times.

Visit reachout.com.

Lifeline

Crisis support and suicide prevention.

Visit lifeline.org.au or call 13 11 14.

BeyondBlue

For anyone experiencing depression or anxiety.

Visit beyondblue.org.au or call 1300 22 4636.

1800 Respect

For anyone who needs help navigating issues of domestic violence. Visit 1800respect.org.au or call 1800 737 732.

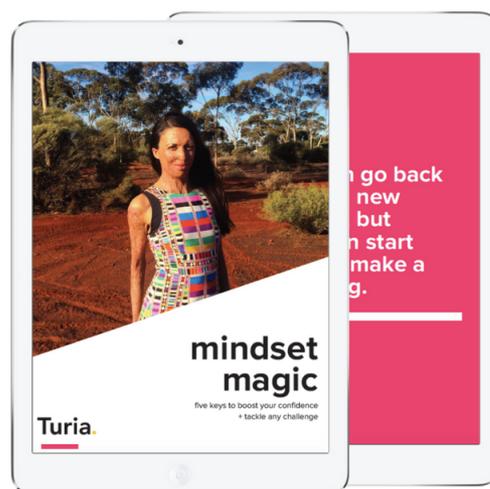
want more?

I've got a stack of exercises, personal stories and activities inside my eBooks.

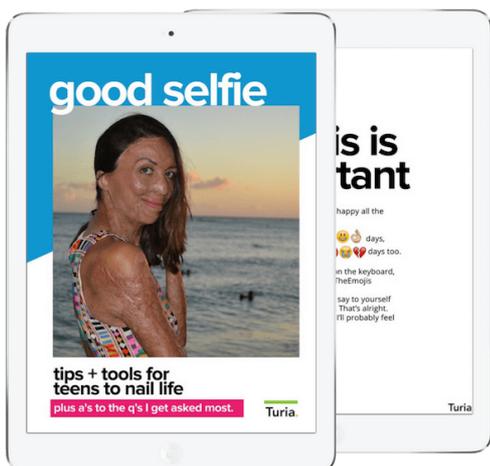
Mindset Magic

Covering my 5 essential keys to instantly shift your mindset, build your confidence and grow serious self-belief.

More than 8,000 people have already implemented the strategies contained in Mindset Magic into their lives. I can't wait for you to get stuck in too!



GET MINDSET MAGIC



Good Selfie

Teens ask me epic questions like how to be more confident, how to get through crappy days or hard times, and how to achieve big goals. Good Selfie answers.

It's a psychologist-reviewed eBook – where I answer the questions teens ask me most PLUS share all my best tips & strategies to nail life.

GET GOOD SELFIE

Turia.