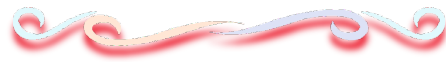


## 25 Simple Things to Do When You Have a Bad Day



1. Go for a walk
2. Call a friend
3. Hug someone
4. Go for a run
5. Listen to your favourite music
6. Take a bubble bath
7. Spend time with your pet
8. Journal
9. Meditate
10. Make a bucket list
11. Treat yourself to a new beauty product / bath bomb etc
12. Sing like there's no tomorrow
13. Go for a bike ride
14. Pay it forward. Pay for the person behind you in line
15. Indulge in your favorite coffee, chocolate or ice cream
16. Surround yourself with nature
17. Swing in a hammock or at the park
18. Watch a sunrise or sunset
19. Get a massage
20. Dig out the photo albums
21. Watch silly videos on YouTube
22. Dance until you drop
23. See a movie
24. Go for a drive
25. Colour