Name:

Section:

SCAN ME

Date:

Score:

How do you handle a bad day?

Bad days are inevitable. Maybe you dropped your new phone and the screen shattered, or perhaps you studied hours for a test, and failed. Or maybe you got into an argument with your best friend, and now feel gloomy. There are going to be days where things don't seem to go your way. However, it is important not to turn a bad day into a bad week or a bad month. We all need ways of moving on, and altering our perspective and mood.

Your mission is to explain how you handle a bad day. Do you like to talk things out with others? Do you enjoy working out to clear your mind? Or do you find writing about things therapeutic?

So once again, your question is this: How do you handle a bad day?