



What to Do When Your Luck Is Awful

Reflect

1b

Have you ever had a day where your luck was bad?

- Have you ever spilled something right before leaving the house?
- Did you ever miss your bus and then it started raining or snowing?
- Ever had something small happen that felt big at the time?
- Have you ever been hit by seagull droppings?

If you're feeling down, here's a few things you can do.

Try W.A.D.S

Give W.A.D.S. a try: Write it down, Act it out, Draw it, and Share it.



Write It

A short journal entry with "bad luck" turned good.



Act It

Do a quick skit where you act out what happened.



Draw It

Draw a comic strip of the unlucky day.



Share It

Swap bad day stories with a friend.

Doing these types of things can help you get your bad day out of your system and move on.

Questions to Consider

What happened?

What did it feel like at the time?

How long did those feelings last?



Flip the Script!

What was something funny that happened?

What's one good thing that happened because of your bad luck?

What might you do differently next time?

Move On

After writing, acting, drawing, or sharing your bad day with someone, it's often helpful to distract yourself. Here are some good ways of moving on:

- Listen to or (even better) sing a favorite song.
- Go on a walk. Even better, go on a walk in nature.
- Play an active game or sport.
- Work on a hobby (playing an instrument, drawing, writing, etc.).
- Talk to a friend or family member.

These coping skills won't solve your problems, but they will help you deal with them better and see them in perspective.

Affirmations

Affirmations can be a good way of internalizing positive messages. Here are a few that might help you cope with a bad day:

- Bad days don't last.
- Tomorrow can be better.
- I am a problem solver and can come up with solutions.

Remember

Here are a few things to keep in mind when life is tough:

- Bad days don't last forever.
- Even when it rains, puddles can be fun.
- You are loved—on your best days and on your worst days.
- Laughing at mistakes helps us grow stronger.
- Everyone has hard days—talking helps!