1. I take some deep breaths and remind myself there is something wonderful up ahead. Maybe the air will smell of flowers or I will see an image I must capture on my phone.
— Anita Starkoff

2. I think of a happy song. When the days are bad, it makes me laugh to sing “It’s a Beautiful Day” by Michael Buble.
— Julia Ralston

3. I turn to my letters. I either read ones that have been sent to me from beloveds, or I pull out my lovely stationery, stickers, cards, and pens, and write encouraging notes or letters to someone else whose day might be going not so well.
— Melissa Gibson Snyder

4. I remind myself how much worse it could be. Car won’t start? If that’s the biggest thing I have to worry about, life is good! Your outlook changes when you put things in perspective.
— Penny Kleiner

5. Hug one of my cats and then have a big bowl of ice cream and watch one of my favorite movies.
— Donna Roberts Bell

6. Breathe. Switch things totally around for yourself. Turn on some music, drive to the beach, a forest, even Macy’s. You’ll be delightfully distracted.
— Frances Macias-Souza

7. I pull out my sketchbook and let art handle it.
— Marta Paulina

8. I crank up some Bon Jovi.
— Sara Gearheart

9. I try to reframe it in my head. What is the funny story I can tell about this? How can I get a laugh out of it? There is almost always a way … otherwise, I’ll just make something up!
— Arlene Giddings

10. Chocolate and fashion magazines take me to a sweet and creative place when things aren’t going as planned.
— Victoria Margarita Medina

11. Get in the car with no destination in mind, but I always end up at my favorite bookstore with a cup of good, strong coffee.
— Shana Miller
12. I step outside and place my bare feet in the grass and wiggle my toes! “Earthing” is the trendy name for it, I suppose. I simply think of it as resetting my senses. Maybe it is because it rekindles a childlike action?
   — Angie Lambert

13. Lift another human being up to love and light.
   — instagram.com/enchantedmakeovers

14. Reaching out to friends and visiting a bookstore or library usually works for me. Being surrounded by the written word in a cozy, quiet environment brings me back to center. And then if it’s a really bad day, I will pick up a latte (a treat that I don’t normally get) or make myself some tea.
   — Brianna L. Morehead

15. Something that makes me laugh, like @thepopcast and my husband’s jokes.
   — Laura Enfinger

16. Dress up!
   — Ruby Shea

17. Put in my headphones, crank up the music, and sing or dance, or both!
   — instagram.com/gibby1118

18. I take a deep breath and think of all the things that have gone right, then I smile and move on to the next task.
   — instagram.com/_brooklyndragonfly_

19. Breathe, close my eyes, and think of a woman on the other side of the world who would love to have my problems. Be grateful to be able to have a coffee that was spilled, be thankful to have a car even if it does not start. All of this is temporary.
   — instagram.com/lucky_velvet

20. Listen to bad hip hop in my bedroom.
   — instagram.com/kenny.jane
21. Take a nap. Naps are good!
   — instagram.com/mariarankl

22. Grab my camera, step outside, and reconnect with wonder.
   — Jodi Bond

23. I open the closet where I store all my quilting fabric and supplies, take a deep breath, and think of all the lovely things I’m going to sew.
   — instagram.com/beautifullysewn

24. Take a few deep breaths of lavender oil, and if I can get some exercise, I’m always in a better mood after getting out pent-up energy.
   — Annie Lupton

25. I try to focus on emotions and the little things that are connected to them. I may look at an old pair of ballet shoes from my daughters first time in dance, or pictures of when my husband and I were in “young love.” I remember all the reasons I have to be happy.
   — Aubrey Bahr

26. Playing an old favorite song at high volume and singing along (badly) while sitting in my car under the carport or while driving with the windows down on a county road.
   — instagram.com/sebs03isme

27. Go to my stash of good chocolate, say a little prayer while it melts in my mouth, and take a deep breath. My favorite quote is from the order of St. Benedict: “Always we begin again.” It is the mantra of my days.
   — Caitlin Mallery

28. I keep a “pocket” full of positive affirmations. On days when my anxiety levels are running high, I step outside, focus on the sky, and run those affirmations through my mind.
   — Whitney Bilodeau

29. Dance! Especially in the car. Pitbull’s music is great for dancing. I took belly-dancing lessons for several years, and I learned that a good shimmy can knock physical and emotional stress out of my body. Plus it makes me smile and feel sassy.
   — instagram.com/the_elegant_leopard

30. I watch Jimmy Fallon videos whenever I’m in a bum mood. They never fail to cheer me up.
   — Jessie Padilla
31. I take three deep breaths followed by a heart-lifting song. And I always count my blessings.
— Instagram.com/malasandmiracles

32. I roll open my mat and do yoga — give myself and my bad day to the practice — and feel and see my day transform to peace, calmness, and happiness.
— Marcella Loughlin

33. I boil some water for tea and practice my handstands against the wall in the kitchen while it’s heating.
— Emily Torres

34. I get out and explore the county back roads. Old barns, sheds, and wildflowers make me happy.
— Sarah Huizenga

35. I look through pictures. Any reminder of the beautiful things in my life, the simplest of moments with those who mean the most, is all I need to make things better.
— Courtney Johnson

36. Ice cream.
— Kathleen Abend

37. Find the humor in it and laugh, and then say a prayer of gratitude for five things that were bright spots in the day.
— Moira Blaney Rossi

38. I look at vintage photos. They remind me of gentler times where love and laughter were captured and forever brighten my view of the world.
— Ella Wilson

39. Zendoodle and listen to music. This creative aimlessness helps me relax and breathe. It’s great meditation.
— Instagram.com/carlabing

40. I imagine enjoying a good hot chocolate and hiding in my basement on the coziest couch to get me through the day.
— Natalie Graves

41. I take a short drive to our local greenhouse where I walk in the filtered light and among the newly seeded plants. I am reminded that every day is a new day and that tomorrow will likely be brighter.
— Kathy Pardell

42. Play some hardcore dance hall reggae in my headphones and instantly I’m happy and having a party at my desk.
— Instagram.com/traci.elaine

43. Journaling does it for me. I just finished a long and rambling entry that helped clear the cobwebs in my mind.
— Linda Hoye
44. I sing along with great old songs by Joni Mitchell and Crosby Stills and Nash while I edit photos and write prose.

— Deanna Wisman

45. I turn on Dean Martin and Frank Sinatra, pour a glass of wine, and watch the beautiful sunset melt across the sky.

— instagram.com/kellen813

46. I pull out my favorite book, my knitting, turn on a The Civil Wars album, and just get lost until the world (aka my boys) comes calling.

— Elaine Jason

47. I hold an amethyst or another calming crystal. The energy of the stones directly affects my attitude for the better.

— instagram.com/nefelibata1727

48. I have a very simple prescription for the grouchiest of moods. 1 Jane Austen movie + 1 bar of expensive dark chocolate = instant mood reboot. Add a pair of comfy granny jammies and I totally forget what had me out of sorts in the first place.

— Christie Smith

49. I lie on the floor and let my furry friends tumble and kiss me until the bad mood passes.

— instagram.com/floggingwally1

50. If my daughter is around, we turn on the tunes and spin until we get dizzy, falling over in laughing heaping sets us right again. We’ve also been known to race our feet as quiet as we can and that burns away the grumpies. Then when it’s quiet, I journal my three positives for the day. There is always light if you look for it.

— instagram.com/upliftinganchor

51. I grab a pen and whatever scrap of paper I can find and I start my list of what makes me happy. I’ve been doing it as long as I can remember. Sometimes the list is an entire page, filled with things like “gardening, the smell of lilacs, frost on the leaves in the fall, farmers on old tractors, Christmas eve, early morning trips to the lakeshore, the Andy Griffith theme song” ... and sometimes it’s just a scribble like, “visiting over coffee around the old kitchen table.” Either way, those happy and magical thoughts never fail to bring a smile to my face and remind me how lucky and thankful I am to be alive.

— Kelly Jackson
52. I give even more love. It returns to me so very quickly.
— Veronica Moloney

53. Write thank you notes. It’s akin to counting your blessings, only it has a good possibility of lifting someone else’s spirit. And who doesn’t love “good” mail?
— Amy Crews

54. I count three blessings. They can be simple.
1 - fireflies. 2 - cotton candy sunsets. 3 - the smell of gardenias.
— instagram.com/tamibug

55. If I’m ever having a bad day, my beautiful bed never fails me. I crawl into clean cotton sheets and fall asleep.
— instagram.com/catherine.michelle

56. I grab my littles, a bag of snacks, my keys, and we pile in the car. We drive with no real destination in mind; they just know it will be somewhere in nature. A trail, field, hilltop, or lake. Nature and my littles. It’s a sure way for my mind to declutter the negative toxins.
— Abbie McGinty