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Bad day meme

Sometimes the whole world is out to get you. His alarm never went off, his sock somehow got wet even though it's sunny, one of his projects fell through, and his friends canceled beer and trivia night. What. La. Hell. But instead of screaming internally, you can find ways to turn around a bad day. I know it sounds optimistic - especially if a wet sock in a soggy shoe is involved - but it's not a fool's dream. There is hope for the day yet. You experience as many wonderful days, full of puppies as you do wrong, but when you hit a snag and your day threatens to derail, it's up to you to keep it right up. And the way this can be done is with a forced perspective. Instead of folding and deciding the day is completely ruined and only requires you to hide under a blanket, change your mood. Better yet, change your perspective. Be stronger than your outside circumstances and possess your own reactions. Just like as you were in a good mood and fell into a bad one, you can be in a bad mood and fall first into a good one. Below are seven tips on how to turn around a bad day.1. Call your best friend Worked when I was in high school and it will work now. If your boss just chewed you or you just had an unpleasant interaction with a guy who cut you off, call your bud and breathe about it. What? Because they won't let you stew for a long time. The great thing about is that they call it the way they see it, and they'll give you roughly 2.5 minutes to give your pity party before changing the theme to something more fun, making you move on. Lifestyle writer Seth Simonds of Lifehack observed: Talking to someone you trust cares enough to guide you towards positive thinking has great value. It's basic, of course. But so are most things that work very well, but are so often forgotten from the beginning. He already has them on a fast dial, anyway.2. Refusing to use bad day LabelYes, your co-worker stole your idea at the team meeting and, yes, your favorite falafel store closed, but if you want to get into the habit of not letting bad days fold, it's time to learn how to restructure your thinking. If the bad tag is just going to start looking for more things they'll show he was right. Business writer Gwen Moran at entrepreneur site Fast Company found: Once you've declared the day bad, cognitive bias can set you up and leave you looking for negativity to prove your thesis on rotten day. So don't add fuel to the fire – recognize that it was a crummy moment in your 24 hours, but you still have a lot of bonuses to experience.3. Give yourself permission to drop something from your list of If you're really grumpy, make your day a little more positive, allowing you to drop a liability from your to-do list. Not only will you feel pumped that you have one less assignment to run that day, but you can use that free time to get your mood up. Simonds offered: If you are overwhelmed by a day gone wrong a very very much Solution is to drop something minor from your schedule and take some time by yourself. Wander into a cupcake shop, go hole in a bookstore, maybe do some retail therapy – anything that will make you smile again.4. Instead of focusing on what's wrong, focus on what's right Aren't you really sure how to shake off that mood you look like? Take a moment to sit back and combine the pros and cons of that day: Cone, your cat pissed on his shoes. Pro: Another tangle of happy, bewildering things happened. Write down these things and see how they stack up against your lousy experience. For example, Moran offered ideas: Have you made it work well? Check. Did you make your morning coffee? Add it. All little things count!5. Thanks to someone with all your heartFeeling crummy? Push the sulfur onto the back burner to get out of your way to really pump someone's day. Think of the last person who helped you, inspired you, or really affected you in some way and send them a thank you note. And don't be xintzy in the details – really let them know what it meant to you to have that experience. What? Because it will make you optimistic again. Business writer John Rampton of Entrepreneur explained: Gratitude studies have shown writing things you're grateful for improving optimism. By thinking about something someone did for you and sharing your gratitude, you will improve your own mood (and probably the other person's mood as well). Get to the elaboration of these emails!6. Go and get something instead of putting a smallpox in everyone's house because you're so crazy, try to change your mood with a little goal to achieve. Lifestyle writer Laura Newcomer from wellness site Greatist mentioned: Even small hits can have great mood benefits. Nothing will bring you back into the positive mood like watching you win. It doesn't have to be anything huge either – you can finish a chapter of a book, tie up a loose ending, finally develop these holiday pictures, mark a couple of things off your to-do list, email that a customer you've been ignoring. The instant bonus of being productive will help you steer back to greener pastures.7. Look at your bad day Clinically Having this as an opportunity to see what, exactly, put you spiraling into a bad day, and what you can learn from it. Enterprising writer Will Yakowicz on the business site Inc. explained: Make a post-mortem when you have a bad day. How did you start the day? What was on the to-do list? How did you manage spilled milk situations? Take the time to reflect on your triggers. This way you'll know how to react better next time, and you won't know what to avoid. With these in your back pocket, you will never have to experience a sulfur 24 hours again! Images: @a1clotheshorse/Instagram Hump day comes every week. Every week. It marks the official point of no return between last weekend and next weekend when this Friday goal finally comes into view. We can all be on a treadmill that is slowly wearing off, but when hump day rolls around, it's time for dreams to stay up late and sleep without repercussions. I'm glad it's not tuesday yet, but it sniped him off not yet Thursday. Hump Day mems refer to hump day, also known as Wednesday, which falls right in the middle of the traditional five-day work week. The phrase imagines the working week as a tough mid-week climb, after which it's all downhill. Reality rarely coincides with this fancing portrayal of the work week, but hump day mems still persist as a kind of relief valve. However hard the week looks, the hump day means it's over. Hump Day mems are often used in a very literal sense to celebrate the fact that the user, and readers, have survived in the middle of the week, and that next weekend is finally closer than the previous weekend. Other related mems have a lighter take on the subject and make a joke about hump day. Then there are the hump day mems that take a more meta approach, existing primarily to complain about other hump day mems, or to express the frustration of coworkers working all over the hump day. Example #1Image: A grumpy little cat Text line one: What a beautiful hump dayText line two: I hate itMeaning: This combines grumpy cat meme with a hump day meme. While most hump day mems express a positive feeling, this becomes their head. Example #2Image: Humpty Hump from Digital UndergroundText: HappyText line two: Humpty Hump DayMeaning: This meme makes a joke about the similarity between hump day and rapper Shock G's Humpty Hump persona. Example #3Picture: Obi Wan KenobiText: A Hump Day Meme? Text line two: This is something I haven't seen in a long time. Meaning: This meme is a reference to a Star Wars line, which spawned a meme of its own. For more examples, including links to the originals, check out our full list of 15 hilarious hump day mems: You do you, baby grumpy cat. The rest of us are happy that the week is halfway through. Same day humpty hump. Obi Wan himself. The former alien boy from the history channel, who has become famous online as the kind of alien mems knows things. You can't argue with his logic. Well, you could, but we're not sure how much good I'd do. Well, it probably is. Wake us up when the hump day ends. We said hump day, not the most pon farr day, uncorrectable horn dog. I don't think that means what you think it means. We don't care while we just slowly walked away. We love hump day as Brick Tamland loves the lamp. Say it's not like that. Forget the Scotsman, we're doing celebration up to eleven. Not sure about bringing your camel to the workday, though. Reasonable answer. Unreasonable reaction. Dare. It was real. England is old and small and local people started running out of places to bury people. So they would dig coffins and take the bones to a bone house and reuse the grave. Upon reopening these coffins, 1 in 25 coffins they found they had scratch marks inside and realized they had been burying people alive. So they thought he'd tie a rope to the corpse's wrist, carry it through the coffin and climb to the ground and tie it to a bell. Someone would have to sit in the cemetery all night changing the cemetery) to hear the bell; therefore, someone could be saved by the bell or was considered a dead ringer. England was not so old and small that new cemeteries could not be established, but crowded cemeteries existed, due to the Christian tradition of burying the dead in the consecrated grounds of church cemeteries. Some cities managed to organize cemeteries outside municipal boundaries, but church property was not subject to secular law and the practice continued throughout the Middle Ages. There were no bone houses in England, but there were charnel houses. These were consecrated buildings for the storage of bones, usually discovered in the course of excavating new tombs. If these bones had been buried in coffins in the first place - a practice quite uncommon among all but the rich - the coffins had long since fallen. Some charnel houses were installed during the plague when the cemetery was overwhelmed by the number of bodies to be buried, and corpses in previous tombs were removed to give space to bury the newly died. It was not until the 18th century that the nefarious practice of secretly removing bones from a tomb was carried out to make room for new coffins. Church sextons would quietly lay out bones in nearby pits. The coffins used to be so decaying that if they had never been made scratch marks inside them they would not be distinguishable in rotten wood. Tombs often appropriated hardware (handles, plates and nails) of decaying coffins to sell for waste metal.1 The matter was resolved in the mid-19th century, when London managed to pass a law closing church cemeteries and placed heavy restrictions on burial within the city limits, and most towns and villages in Britain soon followed its lead. At no time during the Middle Ages was there a prevalent fear that people were being buried alive, and under no circumstances did anyone know that a bell was erected to notify the living. Most medieval people were smart enough to distinguish a living person from a dead man. Throughout history, there has been the occasional case of someone being buried alive, but in no way was it as prevalent as deception would you have believe. The common phrases used in the latter part of the deception have absolutely nothing to do with premature burial, and each has its origins in a different source. According to the Merriam-Webster dictionary, the phrase change of cemetery early 20th century. It may have its source on the night shift on nautical boats, which was called graveyard clock for its quiet loneliness. Saved by the bell comes from the sport of boxing, in which a struggling fighter saved from additional punishment or a count of ten when the bell means the round is over. (But the next round is another story.) A bell is the jargon of an impostor. It was used in cheating in horse racing, when an unscrupulous trainer would replace a fast horse, or buzzer, with a nag with a poor racing record. This sports association continues in the modern use of the term bell for a professional athlete playing in an amateur game. But a human can also be a ringer in the sense of a person who looks a lot like someone else, like professional entertainers impersonating celebrities like Dolly Parton and Cher. A dead ringer is simply someone who is extremely close in appearance to another, just as someone who is dead wrong is as wrong as they can be. Again, if you have an alternative origin for one of these sentences, please feel free to post it on our bullet listing board, and be sure to bring your sources! 1. Encyclopædia Britannica Cemetery<http: www.britannica.com/eb/article?eu=22388>[Accessed April 9, 2002]. </http.>

