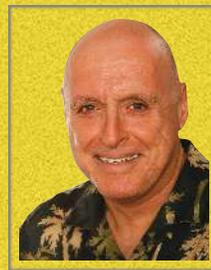


# THE EXTRA POINT

BY JERRY ROBERTS



## # 452 Get Over a Bad Day in Five Minutes?

Would you like to get over a bad day in five minutes? I'm Jerry Roberts and in the next three minutes we'll see if something I picked up could be a five-minute ticket to feeling better. That's up next on The Extra Point.

We all have bad days. Conventional wisdom says to just put on our big boy or big girl pants and suck it up. Roll with the punches, they say. Tomorrow will be better. Some people buy into that, while others are found sulking in self-pity over minor troubles, rejection, and the fact that sometimes, life just ain't fair. The problem with this is that the longer we sulk, the deeper we sink into a negative mindset. That makes productivity and happiness almost impossible.

So what can we do? I picked up an article that discussed how to deal with this in just five minutes. It had a couple of good points and I added some things. Let's see what you think.

The first step is to know thyself. What are the things that set me off. Will a coworker's behavior do it? Will bad or rude drivers do it? How about an indifferent clerk in a store? Maybe somebody on Facebook flames one of your posts and won't go away.

Whatever our triggers are, it helps to be aware of them. If we're in a situation and things seems to be heading in the wrong direction, recognizing our personal feelings may allow us to get control of our emotions and push off the negativity and distraction.

About 20 years ago I met author Stephen Covey, who wrote the international bestseller, *The 7 Habits of Highly Effective People*. He was one of the main speakers at a leadership event, much like the recently held Live2Lead conference. I had been invited to attend and enjoyed a brief conversation with him before he took the stage, then a longer one following his presentation.

That day he revealed a concept that I felt was extraordinary. It's incredibly powerful but shockingly simple. Here it is, as he presented it that day: "Between stimulus and response lies a place that we and we alone control. It is the decision on how to respond."

If someone yells at you, you have choices. You can yell back at them. You can calmly address them. You can remain silent. You could even smile and walk away. It is up to you. You have the power to escalate the situation, or calm it down. You have the power.

That's how it goes with getting over a bad day. You have choices. You can choose to spiral out of control into negativity, or to rise above it and decide how to deal with whatever you're facing.

One key to dealing with it effectively is not to make a temporary problem bigger than it actually is. Okay, what's happening right now isn't good. I hate it. Still, my long term prospects are good. I lost a big client and it's going to hurt. Tomorrow I'll start working on adding two new ones. How much will this matter 10 years from now, or 25?

Is it best for me to do that sulking right now and feel sorry for myself, or apply the future perspective that I'm going to be fine?

How long will it take to run through this small exercise? Yeah, five minutes or less. It's not going to prevent us from having difficult days, but it will enable us to handle them better.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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