

# **This is how I heard how YOUR day was going!!!**

**First you had trouble getting out of bed**



**You had a stiff neck**



**You washed your hair and couldn't do  
a thing with it**



**Your new diet really doesn't seem to be working out**



**You pulled a muscle when you tried to exercise**



**The boss chewed you out at work**



**You got caught in the rain at lunchtime**



**Then the lunch you had didn't seem to agree with you**



**You feel trapped**



**Uninvited guests showed up at dinnertime**



**On top of that you think you're coming  
down with the flu**



**And finally, you're alone in the house at night  
when you think you hear a noise in the  
basement**



**MAYBE TOMORROW WILL BE BETTER!!**

## **Thought for the Day**



**Handle every stressful situation like a dog.**

**If you can't eat it or play with it,**

**Just pee on it and walk away.**