

**FIVE THINGS  
TO REMEMBER  
WHEN YOU  
ARE HAVING A  
BAD DAY**

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**ITS NEVER  
TOO LATE  
TO START  
THE DAY  
OVER.**

It's just a  
bad day,  
you are not  
a bad parent.

*You are not  
your feelings.*

**THIS TOO SHALL PASS**

WILL THIS  
MATTER SO MUCH  
A YEAR FROM NOW?