***A Mid-day 180:***

***How to Turn Your Day Around right***

**Remember that you can start your day over anytime you want.**

**1. Go to Your Sanctuary** To do this, you will have to have ***Permission*** first, from yourself, or from any higher authority that might support you in this. Then you will need to set aside a ***Place*** where you can go and not be bothered. Make a sanctuary in any place you spend a lot of time, like home or work. Don’t use this space for anything other than these moments of adjustment and self-care. Let people know ahead of time that if they violate your sanctuary, step or talk into that space, you will have to stay alone there longer to get calmed down. If you can’t get away to this place (as when you’re driving in a car, or in a group, or sitting in a restaurant), change your ***Posture or Position:*** for example, stand up, turn away or turn around, and if you can’t, close your mouth and raise your index finger between your eyes and those of the person you are talking with. If you are driving, pull the car over and stop. If you are talking on the phone, politely but firmly hang up. These things send a signal to yourself and others that you are turning your day around.

**2. Relax your Body, then Clear and Relocate your Mind** Mentally take yourself out of the present situation, and imagine yourself in a calm, quiet, isolated, naturally beautiful spot, one where you’ve been before, or one where you just imagine, either way. In your mind’s eye, in the theater of your imagination, try to sense the sights, sounds, smells, and physical sensations around you. Relaxing your body and clearing your mind will help you focus on the next stage of the 180.

**3. Change your Viewpoint on the Situation you Left Behind** Imagine different beliefs about the person or people that were giving you problems. See them as more human, with their own needs and weaknesses, and hurt feelings. See yourself as having more powers, rights, support, and options than you thought you had before.

**4. Plan to return and be Positive, Practical, and Pro-active** Be *Positive* with your body language and tone of voice, especially with a **smile**. Be *Practical*, by doing things that need to be done, things that will make you and others feel better about you for doing them. Be *Pro-active* by saying and doing things without needing or caring how people respond. Say and do things that are worth saying and doing, and make it clear that you are feeling good about your choices, no matter how others feel or act.

***Practice doing this when you are calm to start with***. There are five times a day when it is natural to check your viewpoint: when you first wake up, when you go to bed, and right before you eat your three meals. These are the times when praying people pray, and when healthy people adjust their point of view to get an attitude of gratitude.

***Think of these attitude adjustments and physical relocations as if you are practicing a fire drill.*** If you don’t practice it when you’re calm, you won’t be able to do what you’re told when the building is on fire and everyone is screaming. You can get a few ideas of how to do this relaxing and reframing by listening to a [seven-minute audio](dropbox.recordings.fire%20drill%20kit%20for%20all).