

It Is Okay To Have A Bad Day
by
Monica M. Burns

Why does it seem that some of us are not entitled to have one bad day out of the week. You arrive at the office and because you are not your usual cheery self, everyone thinks something is wrong with you. Everyone else can come into the office any day they want and have the worst day and attitude, but as soon as some of us have just one bad day.....I guess that means it's time to "Shut the State Down!"

Everyone is entitled to have a bad day. There are those people that are just happy about everything and that is perfectly okay, but let the rest of us have our days and stop judging us. Sometimes we may not be having bad days, we are just meditating and wish not to be disturbed. Sometimes we may have a lot weighing on us and we are contemplating outcomes and we wish to be left alone. If we want to talk.....we'll kindly let you know. Some of us are there at work, but we're not alert and really awake until after 12:00 noon. Maybe we just hate our jobs period and we are working on our strategies on how we are going to look for something better. You never know what's going on people's minds. You can't immediately make an assessment of someone just because they're not up to talking to you on a particular day.

Have some consideration for other's feelings. If someone you know is normally a very talkative person, but on a particular day she decides she wants to be quiet...leave her alone! When she feels like talking to you, she will do so. If you are normally a talkative person and people tend to scatter when they see you coming, you might need to be quiet sometimes because you talk too much!

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Monica M. Burns is a Writer, Expert Author, and Image Consultant/Fashion Stylist. She is President and Founder of Fabulous Life Image Consulting. She is also Founding Editor and President of Monica M. Burns Inc. Publications and Fabulous Life Image Online Magazine. She is an Expert in her field with over ten (10) years of experience. She has authored several eBooklets and other reading information materials and is a featured Expert Author and Writer on many websites and in many In-Print and Online Magazines. She has also contributed to several poetic anthologies and won awards for her work.

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