6 Things to Remember (and Practice) When Everything Seems to Be Going Wrong

By Tanaaz | Forever Conscious

"And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?"- Rumi

Do you ever just have one of those bad days that never seems to end? Does it ever feel like you can't do anything right and every move you make seems to land you in trouble?

If you are having a bad day, or maybe even a bad month here is what you can do to find relief:

1. Know that This Too Shall Pass

Even though it may seem that the Universe is presenting you with one issue after another, know that whatever is happening

will eventually pass.

Sometimes life brings things in waves and you have to keep treading water in order to stay afloat. This feeling won't last forever, so know and trust that all you need to do is find your strength in each given moment.

When things feel all over the place it can be easy to stress or worry about the future, but staying present and trusting that it will all eventually pass will help you to feel at ease. Just take one day at a time.

2. Focus on Gratitude

When things are going haywire, stop, take a deep breath and focus on what you feel grateful for. Try to focus on what is working in your life rather than getting caught up in what is not working.

It can be really easy to focus all of your attention onto the trouble spots in your life, but by stepping back and bringing awareness to all that you [feel grateful](#) for it can help to shift your perspective.

3. Spend Some Time With Yourself

When things feel like they are going all wrong, often it is a sign that change needs to happen. Sometimes the Universe challenges us to really look at our lives and to address things that need to go.

If lots of things seem to be happening all at once, it is likely that you are at a critical turning point in your life. Don't stress too much about what this [turning point](#) may be, just take the time to connect within and work out what your truth is. Work out what the best thing you can do for yourself moving forward is and then take one step at a time.

4. Learn to Say No

One of the fastest ways to lose control over your life is to start saying yes to things that you don't really want to do. Many of us are afraid to say no as we want to please others and we don't want to disappoint others, but learning how to say no can be extremely freeing.

When you have a lot going on, or when life is dishing you up one problem after another, it is also usually a sign that you have put far too much on your plate. [Learning to say no](#) to others will help you to release this feeling and will allow you more time to organize yourself and get things together.

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