

# Tomorrow is another day...

*This resilient move is about believing that a bad day is just that - a bad day.*

So, things that seem important now, won't look the same when tomorrow comes. (That doesn't mean all your worries will magically disappear overnight, but it can help to know there's hope.)

**A new day is also an opportunity for a fresh start.**

A chance to try again, if things didn't go so well yesterday.

*The more you believe that tomorrow can be better, the easier it will be to get through a tough day...*

