

Staff Good Day/Bad Day



Before you attempt to use this Good Day/Bad Day tool with individuals you support, please take a few moments to complete it on yourself.

I have included 2 documents for your use. You can use the one-page Good Day/Bad Day picture document, or you can be very specific and use the 2 page Good Day/Bad Day document for lots of detail or feel free to use both if you like.

Give it some thought on what makes you happy; is it knowing that you have something great to look forward to? Is it sitting in the sun on your deck, surrounded by your flowers or gardens? Is it visiting with close friends or family members? Is it feeling wanted or needed? Is it sitting in a boat fishing? Is it accomplishing something important? Is it feeling like you are contributing to your community? Is it when you have your favorite meal? Is it when you are doing meditation or yoga? Or maybe watching a funny movie or celebrating with your friends? Is it at a specific time of year eg fall time, Christmas time, your birthday? Is it because someone special is with you? Do you like surprises? Sleeping in on a day off?

Give some thought on what makes you unhappy; Is it when someone is unkind to you or yells at you? Is it when you encounter change that you cannot control eg your long-time hair dresser retires and you have to get a new one? Is it when there is a big line up at your favorite coffee shop and you have to do without your morning coffee? Is it when you are feeling rushed in the morning and forget things? Is it when you encounter someone rude? Is it when you have too many items on your to do list, which makes you feel anxious? Is it when you work hard on a project and do not get credit you think you deserve? Is it being around someone that is really negative? Is it when you are feeling ill? Is it at a specific time of year or event eg tax time, winter time etc. Is it because of restrictions you encounter eg diets/food, COVID shopping restrictions etc? Is it because you are missing someone or because of the people that you are around? Do you dislike surprises? Do you dislike heights, enclosed spaces or spiders, etc?

The questions, you can ask yourself are endless, the above are just some examples, feel free to add to them.

Once you explore these questions and figure out why you feel a certain way, you can agree on actions to help yourself have more good days and less bad days. To plan for more joy in your life. To plan special things that really make you happy. Learning about good days and bad days tells us what is important to us and how we want to be supported by others.

Once you have completed this exercise on yourself, try it with individuals that you support. You do not have to fully complete this exercise with individuals in one sitting, but rather keep the document handy and use it as a living/working document and as you learn more about the individual, continue to expand on it.

Have fun with it!