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This Infection Is Inside You



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Itchy/burning Fatigue [Redacted]



4 - 11:00am

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Have a tendency to beat yourself up over everything from the library book you forgot to return last week to the job you wish you would have taken five years ago? Today (February 11) is the perfect time to let go of frustrations big and small by celebrating National Don't Cry over Spilled Milk Day. Forgive yourself, others, and the universe for things that went wrong, and make an effort to either fix or forget troublesome situations. You'll decrease stress and enjoy a more optimistic life.

Need some help getting started? Consider these ideas from relationship expert April Masini of the advice column [Ask April \(http://www.askapril.com/\)](http://www.askapril.com/) :

Watch your words.

Discipline yourself to simply be aware of anything that you say that's negative. You'll be surprised, if you're in a spilled milk rut, how often you say and express negative emotions. This is a highly effective form of discipline that anyone, at any age, can practice to improve their lives.

Get out of your groove (especially when it's a negative groove).

If you're upset about something that's happened, past tense, simply taking yourself out of the environment where it happened can give you a fresh perspective on your life — and the incident.

Treat yourself.

Ever go on a vacation and say to yourself, "I should have done this sooner? Why did I wait?" Many of us bear down on work and career and forget that we need to be taken care of on all fronts to be most productive. If you're crying over spilled milk, treat yourself to a manicure, a latte, a Pilates class, or a new pair of shoes. You're giving yourself the message that you're important and you deserve to be taken care of. This message alone should get you out of your spilled milk rut.

Treat someone else.

Too many of us get myopic about our problems. Giving ourselves perspective by doing something nice for someone else -- and allowing them to accept a gift of time, money, energy or company — will expand your horizons and make you realize your problems have perspective in the bigger scheme of things. Babysit for a relative, visit an elderly person, take a divorced or dumped colleague to lunch — and watch how your own