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DUMP YOUR BAGGAGE ON "GET OVER IT" DAY

Submitted by Beth Braccio Hering on Fri, 03/08/2013 - 9:00am

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Strategically placed at the midpoint between Valentine's Day and April Fools' Day, March 9 (tomorrow) has been designated "[Get Over It Day](http://www.getoveritday.com)." The idea behind the occasion is that all of us have some leftover baggage that needs to be put away once and for all (and if you think you don't, the creator urges you to ask your friends if there is anything they are tired of hearing you complain about).

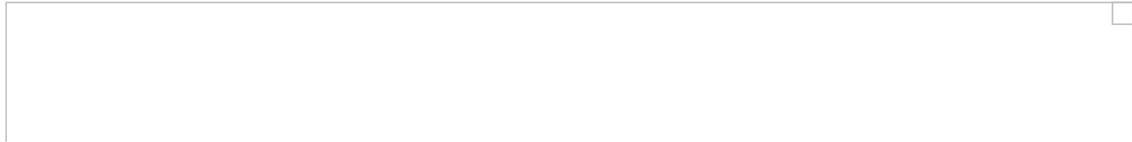
Consider tackling work-related demons on this day, from the promotion you think you should have received to the slight from a co-worker that still bothers you months later. The challenge is figuring out what is necessary to finally lay the pesky issue to rest. To help with this part, TOP asked advice columnist [April Masini](http://www.askapril.com) for her suggestions:

- Get out of your head by taking a day, a weekend, or a weekly evening to volunteer with people who have problems that dwarf yours. Perspective will jolt you out of your rut. Your setback isn't so bad after all. Next!
- Congratulate the victor in the race. Lots of times the paralysis that comes from losing a job or a promotion is shame. You feel that you're less, so you hide, literally, in an effort to keep your shame private.
- Get creative. You lost something -- the job, the promotion -- so you think. Is it possible that there is a win-win situation that hasn't been discovered yet that will give you back what you want, and give your boss or the person who beat you out what they want?
- Debrief with a trusted friend or family member. Go have dinner, a swim, or a long hike with a good friend who knows you and understands the arena you failed in. Your friend will help you understand what you missed and help you put what happened in perspective. Two heads are better than one, and without this perspective -- especially from someone who knows you well -- you may have a tendency to "spin out" and get stuck -- instead of getting over it.

Image courtesy of Thinkstock Photos. (<http://www.thinkstockphotos.com>)

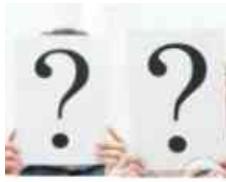
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