

Download How Do You Feel Today

What do you do with the mad that you feel When you feel so mad you could bite? When the whole wide world seems oh, so wrong... And nothing you do seems very right?4. Have a snack — not junk food! Did you eat enough today? It's super tempting to eat junk food when you feel like crap. If you don't feel like making a whole meal, maybe eat just a piece of ...Many people feel sleepy after eating. This can be a natural result of digestion patterns and sleep cycles. Some types of foods and the timing of meals can also make people feel especially tired ...The Chicago Bears did what was pretty much expected Thursday night when they traded RB Jordan Howard to the Philadelphia Eagles for a sixth-round pick in 2020. Sure, maybe the pick is a bit lower ... - How Do You Feel Today