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YAMAHA PSR-EW410 KeyboardAmazonWith 758 different programmed voice instruments and 76 touch keys (by reviewers), Yamaha's PSR-EW410 is the overall best piano keyboard on this list. At \$430, it's a bit pricey - but the included features make the cost totally worth it. This one is MIDI- and USB-compatible, and it boasts a backlit screen and headphone jack. Also, you won't need a band to jam with you during the game: There are 235 accompaniment styles that provide real-time backing tracks that actively respond to the chords you play, as well as pens that you can assign to specific sounds. And if you've ever thought about trying to hand in creating electronic music, there's also the Groove Creator feature that lets you add intros, section changes, sound effects, and more - just like a real DJ. It doesn't include a stand, chair, maintain pedal, or AC power adapter - but if you choose to splurge on this professional choice, you probably already have these things. The same keyboard is also available with 61 keys if you prefer to choose that one. What musicians think about it: You can say it's a well made keyboard, the sound quality is great and it can get very loud. The voices are realistic and it's touchy, I'd definitely recommend this keyboard and it's definitely worth the price. As on Monday, Tuesday also saw a small cap of shares as the group far outperformed their big-cap counterparts, potentially further suggesting risk in market sentiment. The small-cap Russell 2000 index closed on Tuesday more than 1% in the green for the second day in a row, even as big-cap indices (SP 500, Dow, and Nasdaq) remained flat to slightly lower, weighed down for much of the day by fluctuating tech stocks. As we noted yesterday, shares with small capitalization, according to many, are both an indicator of investors' appetite for risk, and a leading indicator of the wider stock market. So when we see the Russell 2000 surge, especially when big caps are lagging, this is often seen as a sign that investors are willing to take on more risk. But one of our very astute readers rather than attributes strength in small caps compared to the lackluster performance of the big caps in the last few days to spin out primarily rising stocks and into lagging smaller caps. The reader goes on to say that this actually displays investor scepticism and a lack of confidence as investors reject top names in favor of lower fishing for the smaller cap laggards. That may well be the case. But one thing remains pretty clear - there are signs of improvement in investor sentiment. This includes sharp rollbacks in traditional safe first of all gold. It also includes a significant pullback in bond prices in the past few days. We'll cover the charts of them below. On the small cap chart, the Russell 2000 index rose 1.23% on Tuesday, slightly less impressive than its performance on Monday. In the process of a surge this week so far, the index has erupted higher as its 200-day and 50-day moving medium, a significantly bullish technical event. The next big bullish target is about 1,600 pen. Since May, the parabolic rise in gold prices has attracted a lot of media and market attention. Part of what led to this long-term spike in precious metal prices was recent concerns about trade conflicts and a slowing global economy. Since gold is considered the most famous safe haven asset, investors tend to flock to the metal when things start to get risky. In addition, a lower interest rate helps to accelerate the purchase of non-interest-free gold. But as shown in the chart of the SPDR Gold Shares (GLD) ETF, which is physically supported by gold, last week gold retreated sharply from long-term highs. In the case of GLD, the ETF fell about 4.5% from its six-year high reached just last week. This is a significant pullback, which, if it gets worse, could disrupt the integrity of the recent uptrend. The price has returned to the key support line of the uptrend. Any failure can accelerate the fall in gold prices, further strengthening the market sentiment, not risky. Read more: 5 Takeaways on Apple 2019 iPhone and Product Debuts Why Diversified ETFs Are Becoming More Risky for Investors 5 Ways Companies Can Manage Earnings as 3 Steepens Decline Finally, Tuesday also saw an exceptionally sharp one-day pullback on bond prices as bond yields continue to rebound sharply. iShares 20 Year Treasury Bond ETF (TLT) fell nearly 2% on Tuesday, which is no small feat for this particular ETF. This drop comes just as bond yields appear to be bottoming out, with 10-year Treasury yields rising more than 20% in the last few trading days alone. As shown in the TLT chart, the fall in bond prices from multi-year highs in late August was pronounced, by more than -5.5%. At the moment, there is still strong support around the 200-day average, but any drop below could spell a more significant shortfall for bonds. The obvious rotation of the market into shares with a small capitalization may or may not be associated with increasing investors' appetite for risk. But one thing remains pretty clear - market sentiment appears to have improved significantly, as evidenced by the recent fall in gold and bond prices. Serious risk developments are still on the horizon, including upcoming U.S.-China trade talks and the Fed's decision next week. But now the overall market bias seems to be shifting higher. Enjoy this article? Get more by subscribing to Chart Advisor newsletter. The last update on October 14, 2020 today was not as you planned, but that doesn't mean you're weak. It just means you're human, human. You're not bad just because you've had a bad day. Not every day is a good day, but there is something good in every day. -Alice Morse Earle It's not the end of the world when you find yourself thinking I've had a bad day, but it can feel like that. You may have had plans that have fallen apart, experiences that will take you back, and interactions that only hurt. You may have started the day thinking that you could take it all over, only to find you could hardly get out of bed. If you have a bad day, you may forget to look at the good. Sometimes self-service helps us remember why we stand. It helps us to replenish and reset our mentality. It helps us know that there are still options and that the day is not over yet. Love yourself today, no matter how hard it may be. It's a way of finding yourself among the difficulties you have. That's how you center yourself and regain focus and live a more meaningful life. Give yourself credit and compassion. Here are 7 ways to bounce back from a bad day by using self-compassion as a tool. If you've had a bad day, this is for you!1. Making a Gratitude ListIn study on gratitude, psychologists Dr. Robert Emmons and Dr. Michael E. McCullough conducted an experiment where one group of people wrote thank you lists for ten weeks and another group wrote about irritations. The study found that the group that wrote about gratitude reported a more optimistic mentality in their lives. In general, having a list of thanks improved well-being and made one truly grateful, considering blessings in their lives. Write a list of what you are grateful for if you had a bad day. Do it as long as you like, but also be sure to note why you are grateful for every single thing you write. What gave you the most joy? What put you on better days? Keep tallying triumphs in mind, especially when you have bad days. The day does not define you and you still have things that surround you. It can be material things, spiritual connections and experiences, relationships, basic needs, emotional and mental well-being, physical health, progress on the path to hopes and dreams, or simply being alive. Here are a few other easy ways to practice gratitude. Write in JournalJournaling affects overall mental health, which also affects physical health and helps in managing stress, depression, anxiety and more. All you need is a pen and paper, or you could make an online password-protected magazine such as Penzu. The key is to get started and not put pressure on yourself about how polished or committed it is. You don't need to have a preliminary experience to start writing a journal. Just start. Write everything that bothers you for 15 minutes. It helps with rumination, problem handling, and can even brainstorming decisions. However you approach it, you can find patterns of thinking that no longer serve you and start starting change the overall mental state. This will affect all areas of your life and is an excellent survival skill3. MeditationMeditation can help you overcome negative thinking patterns by worrying about the future, focusing on the past, or trying to overcome a bad day. It changes your mindset and helps you focus on the present or any one thing you really want to focus on. Here's an example of meditation you can do. Get in a comfortable position. Close your eyes. Rest your body, relieve tension, and impure jaw. Tighten and release each muscle group in body scanning for progressive muscle relaxation. Focus on breathing, take a few deep breaths. Let your stomach expand when you breathe in for diaphragmatic breathing. Free yourself completely of air and then return to normal breathing. Then focus on the idea of self-love and let it erase negative thoughts. Think about how you judged yourself, with narratives coming up that your mind can create. Give yourself unconditional love and release the solution. Not the time to meditate on it because you matter. This is especially important if you have had a bad day. Read this article for more information on how to get started with meditation practice.4 In a child PoseYoga outlet says: Baby's posture is an easy way to soothe your mind, slow down your breathing, and restore a sense of peace and security. The practice of posture before bedtime can help free up the day's worries. By practicing in the morning you can help the transition from sleep to wake-up. When you do Baby Pose, it can be between difficult positions in yoga, or it can be anytime you feel that you need rest. This will help you recover from difficulties and relax your mind. It also has physical health benefits of lengthening your back, opening the hips, and helping with digestion. To make baby pose, rest your buttocks back on your feet, knees on the floor. Lengthen your body above your knees with both hands outstretched or tucked back, with your head and neck leaning on the floor. Make this pose as a gift for yourself. You allow yourself to heal, rest, get time for yourself, recover and recharge. When you had a bad day, he was waiting for you.5 Try Positive Self-TalkEngage in Positive Self-Exploring. It's essentially a choice of your thoughts. When you have negative thoughts such as I can't do it, replace it consciously with the thought I can do it. Give yourself positive approvals to help with this. Negative conversation about yourself fits into four common categories: personalization or blaming yourself, increasing or only focusing on the negative, disaster or expecting the worst to happen, and polarizing or just seeing back and white. When you stop blaming yourself for everything and start focusing on expecting things to work, and seeing the gray area in life, you reverse those negative mentalities and engage positive self-talk. When you say words of kindness to yourself, your brain reacts with a more positive attitude. This attitude will affect everything you do. It's how you take care of yourself if you've had a bad day. Check with yourself to know when you have negative self talk. Do you see patterns? When did they start to become a problem? Can you turn these thoughts around?6. Use Coping Skills and take BreakUse to your survival skills. This means not letting your thoughts take control of yourself. You can distract yourself and run a bit. Do what you love. You can play sports, listen to music, dance, volunteer or help someone, be outdoors, or read books. It's not about repression. It's about redirection. You can't stay in thoughts that no longer work for you. Sometimes, it's ok to get out of your own way. Give yourself a break from the things that are going on in your head. You can always go back to the problem later. It may even help you figure out the best course of action as sometimes straying is the only way to see the solution. If you've had a bad day, you may not feel like deciding what went wrong. You may need a break, so take one.7. If a bad day turns into bad days I believe depression is legal. But I also think that if you don't exercise, eat nutritious food, get sunlight, get enough sleep, consume positive material, surround yourself with support, then you don't give yourself a chance. -Jim CarreyIf you've been feeling out of control, depressed or unstable for more than a few weeks, it's time to call a mental health professional. It's not because you failed anyway. That's because you're human and you just need help. You may not be able to quickly bounce back from a bad day and that's fine. Feel how you feel, but don't let it consume you. When you're talking to a professional, share the methods you've tried here and whether they've been helpful. They can tell you additional ideas or get an idea from your struggles not being able to bounce back from a series of bad days. If you have more than just a bad day, they want to know. If you don't have the answers, that's fine too. You just need to try these tools and figure out how you feel. That's all you have to do. Keep taking care of yourself. Any progress is progress, no matter how small it may be. Give yourself a better chance by reaching out. Final thoughtsIf you've had a bad day, don't let it stop you. Know this: It's okay not to be okay. You have the right to feel what you feel. But there's something you can do about it. You can invest in yourself Self catering. You are not alone in this. Everyone has bad days from time to time. You just have to know that you are positive things that you are telling yourself. 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