

# **Freelancing tips: Take-care-of-yourself Edition**





**You have to understand that  
not all people are cut from  
the same cookie cutter**

Not every boss or client are angels. Not all colleagues are besties as well. The world is a sea of people that includes people we vibe with, or we don't vibe with.



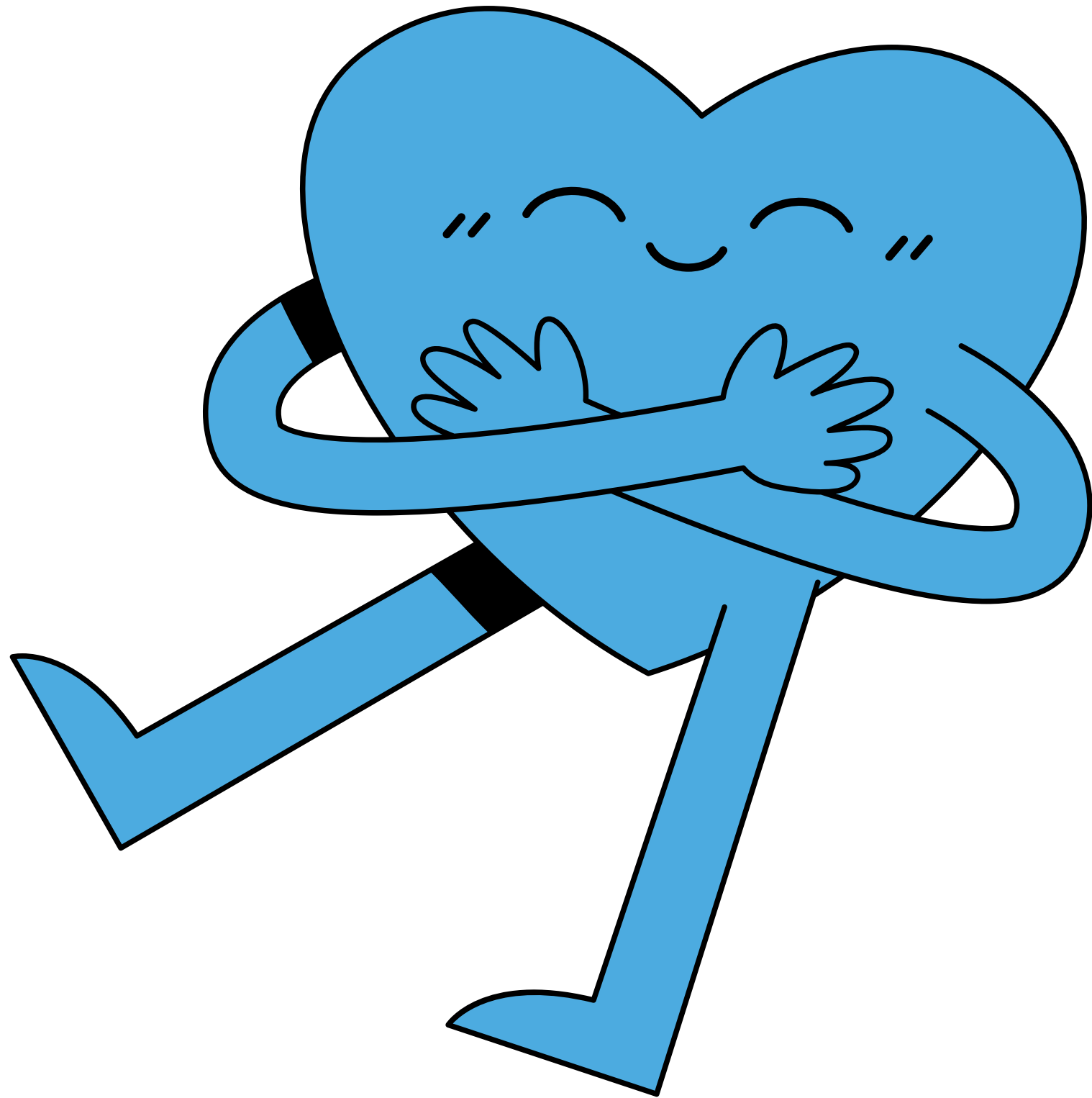
## Just do a reset.

Open a clean slate in your mind. It'll feel much better once you mentally step away and look at things on a different angle.



## You need to acknowledge that you need to reset

First step before heading to a relaxing and calm mind is to accept that things may not really just go as planned. Once you accept and realize it, it will come to pass. You are fine!



## Step away from the fire

After acknowledging the problem, know when to step away and take a minute to breathe. Blast your favorite song, feel the breeze outside, anything works!



## Optional: Vent to a friend

Every man isn't an island. Remember that you are not alone and you can talk it out with a close friend. It will feel better knowing your work baggages are now lifted up from your shoulders.

