Ever felt so overwhelmed by a problem that it just freezes you?

Or you have a task you need to deliver pretty soon but you don't just know where to start from?

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Personally, I've experienced it more than I'd like to admit.

Here are a few tips I found really helpful...

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Make things less complicated

Whatever challenge you're trying to solve, break it down into lesser bits and pieces.

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Be clear about the outcome

Picture exactly what the end result would look like and work back from there.

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Be present in each moment

Research shows that the more we apply ourself to a problem, the higher our chances of solving it.

More importantly...

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Have some rest when you're **tired**

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Eat when you're
hungry

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Take a walk when it gets **too much**

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