

# EDaily notes

#Eng

to get to grips with

"To get to grips with" is a common idiom that means to start dealing with a problem or task in a practical and effective way. It can also mean to gain a better understanding of something, or to come to terms with a difficult situation.

For example:

"I need to get to grips with this new software program before I can start working on the project." (Here, it means to learn how to use the software effectively.)

"It took me a while to get to grips with the idea of moving to a new city, but now I'm starting to feel more comfortable." (Here, it means to become familiar with and adjusted to a new situation.)

"The company needs to get to grips with the financial crisis and find ways to cut costs." (Here, it means to take action to address the problem and find solutions.)

In general, "to get to grips with" implies taking control of a situation, facing up to challenges, and making progress towards solving problems.

being based off vs based on

don't fret

"Don't fret" is a common idiomatic expression that means "don't worry" or "don't be anxious." It is often used to tell someone not to concern themselves too much about something, or to calm down and relax.

For example, if someone is feeling nervous or stressed about an upcoming event, their friend might say "Don't fret, everything will be fine!" or "Don't worry, you'll do great!"

The word "fret" itself means to feel worried or anxious, so when we say "don't fret," we're essentially saying "don't feel worried or anxious." It's a way of reassuring someone that everything will be okay, and that they shouldn't let their concerns get the best of them.

to push this a step further

palpable