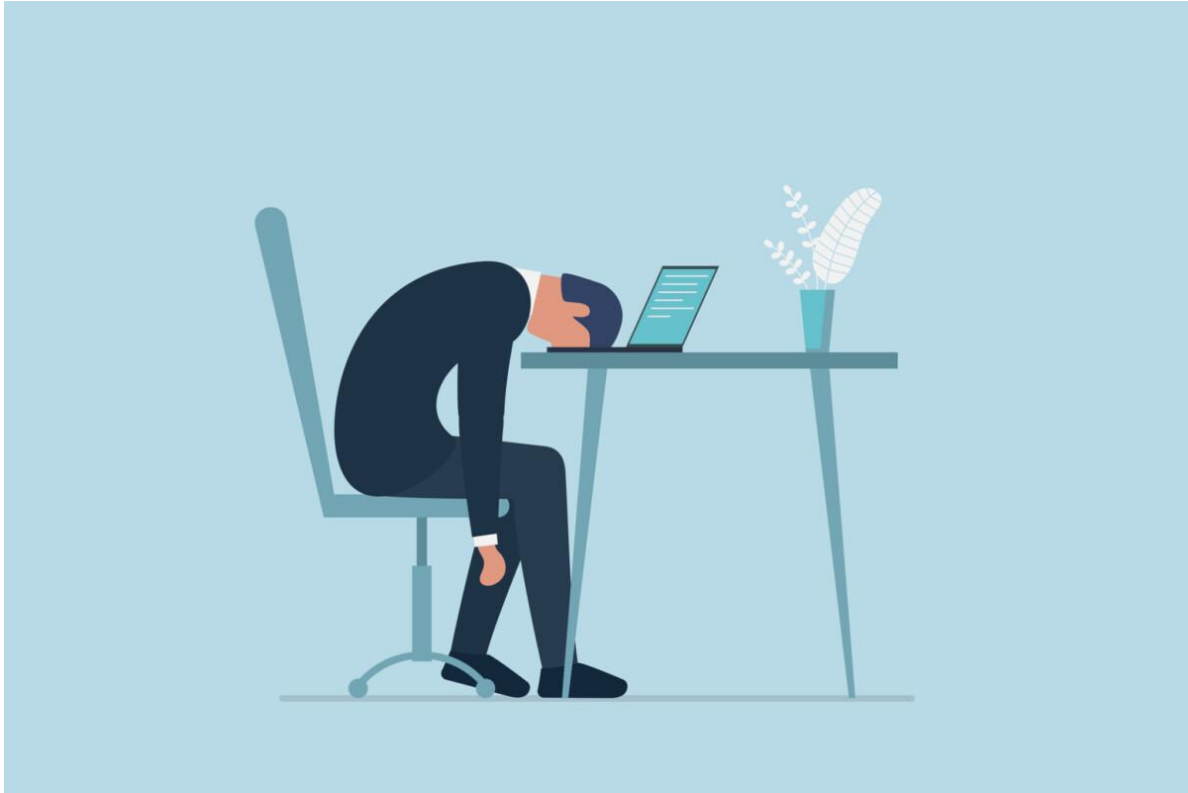


# Creative Block and How to Overcome it

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<https://media.canadianunderwriter.ca/uploads/2020/06/burnout-work-from-home.jpg>

The worst feeling is when you get stuck on a project that is time sensitive. Talk about pressure! But how do you overcome such a situation? This happened to me during my second week of internship where I had to do a label for one of the products for the company. The label was supposed to keep the same look in terms of colors, design and layout and was told to use my creative skills to make it look more modern and new but the problem was that whatever I did or try to do new to it, it was an issue because they wanted to keep the same look. So, I was just in the middle of it not knowing how can I use my creative skills to re-create the label but make it look exactly the same as before? Didn't make sense to me. I was confused and stuck on that project because there was nothing, I could've done to it at that point.



[https://static.vecteezy.com/system/resources/previews/004/599/667/non\\_2x/man-on-window-work-from-home-man-felling-stress-and-bored-in-quarantine-activities-symbol-concept-in-cartoon-illustration-vector.jpg](https://static.vecteezy.com/system/resources/previews/004/599/667/non_2x/man-on-window-work-from-home-man-felling-stress-and-bored-in-quarantine-activities-symbol-concept-in-cartoon-illustration-vector.jpg)

So, I took a break from that project and worked on some other ones meanwhile to take my mind off of it because I was thinking too much about it and that is what caused me to go completely blank. After working on some other stuff, I took a break and went out to get some fresh air and just as I go outside my mind refreshed and I had a few ideas coming in and I came back sat on my table and started working on the label again, making some adjustments with the layout and within the little space I had of creative freedom I made the label look more modern than before as per the request. Sometimes it could take longer than a few hours, but the main thing is to give your mind a break and not overthink something which is only going to give you bad ideas. Freshen up and the ideas will come in eventually.