

# A FREELANCER'S TIPS FOR WORKING FROM HOME

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Working from home can offer flexibility and freedom. However, it can also feel lonely for those transitioning from an office environment with coworkers. Freelance work often lacks opportunities for face-to-face collaboration. Having uninterrupted time to work can be both productive and a bit scary. If you're having negative thoughts and emotions related to being home alone, working or not, consider thought management as a coping tool.

## Tips for Thought Management to Improve Mood

1. Begin with self-care basics
2. Process—don't ignore—your feelings
3. Fill your own cup
4. Taking your contentment temperature
5. Become a collector of good thoughts

Review the tips above. Reflect on how these might help you adjust to time alone at home.

**1. What is your favorite thing to do for yourself as a form of self-care?**

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**2. Do you tend to numb negative emotions with food, alcohol or business? If so, how might it feel to process rather than ignore your feelings? How could you make room in your lifestyle to face your internal challenges so that you can finally release them?**

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**3. What is your internal monologue? If you tend to be critical of yourself, take a few minutes to list your best qualities. How might you feel if you reflected on this list when you feel self-critical?**

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**4. Do you consume more positive or negative messaging throughout the day? Take a look at what you read, watch on TV and scroll through online. Could you replace some negative content with more positive sources of entertainment and news?**

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**5. Have you ever tried using positive affirmations? Choose one to focus on for a week, to shift your focus when you feel stressed or anxious. Can you write an affirmation for yourself to try for a week?**

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