



Tips for Writing Mindfully

Do you ever feel stuck with your writing? Do ever feel discouraged from continuing to write? Do you ever lack the motivation to write? Why? What can you do to move forward?

Writing is a long process that takes time, energy, and motivation. There are several internal and external factors that demotivate us from keeping writing. Try to determine if the stressors are internal (e.g., low motivation, imposter syndrome, perfectionism) or external (e.g., negative feedback, unrealistic expectations, time constraints). For each stressor preventing you from writing, try to create a positive writing environment.

Here are some tips for overcoming writing stressors:

Internal Stressor? Try this:	External Stressors? Try this:
→ Do breathing exercises, stretch, and take short walks.	→ Seek multiple sources for feedback.
→ Take breaks and explore different writing locations.	→ Focus on what you accomplished and not what is missing.
→ Join a writing group or seek help.	→ Review objectively your work.

Always remember: Be compassionate for what you do! You are not alone. Give yourself time to go through all the steps of the writing process.

