

## **Writing Anxiety**

### **APSU Writing Center Handout**

#### **What is Writing Anxiety?**

Writing anxiety is when you feel nervous, stressed, or stuck when you have to write. It's normal, and many students feel this way. It is okay to start writing in the middle and come back to your introduction or thesis later.

#### **How to Deal with Writing Anxiety**

##### **Before Writing**

Do something calming, like going for a walk around campus, taking deep breaths, drinking tea, or listening to relaxing music.

##### **Remember That Writing is a Process**

- Writing includes prewriting, drafting, revising, editing, and publishing.
- Start by choosing a topic that interests you and draft an outline with your main ideas.

##### **Brainstorm Ideas**

- Try different prewriting strategies:
- Start with free writing on a blank page.
- Turn your writing into a list.
- Then organize it into an outline.
- Read articles about your topic to get more ideas. Think about who you're writing about and why they need to learn about your topic.

## **Focus Your Paper**

- Decide what main points you want to expand on.
- Structure your essay with an introduction, body paragraphs, and a conclusion.

## **Identify Personal Strengths**

Your worst critic can be yourself. Make a list of things you are good at doing.

- I explain things clearly.
- I get people interested.
- I have strong opinions.
- I listen well.
- I think critically about what I read.
- I see connections between ideas.

## **Learn New Writing Styles**

- If you need to use a new writing format (like MLA or APA), read handouts or examples to learn more.

## **Avoid Distractions**

- Find a quiet place to write.
- Listen to instrumental music.
- Turn off social media.
- Focus on one task at a time.

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