# “What to Write When You Don’t Know What to Write”

Meggan J. Lanahan

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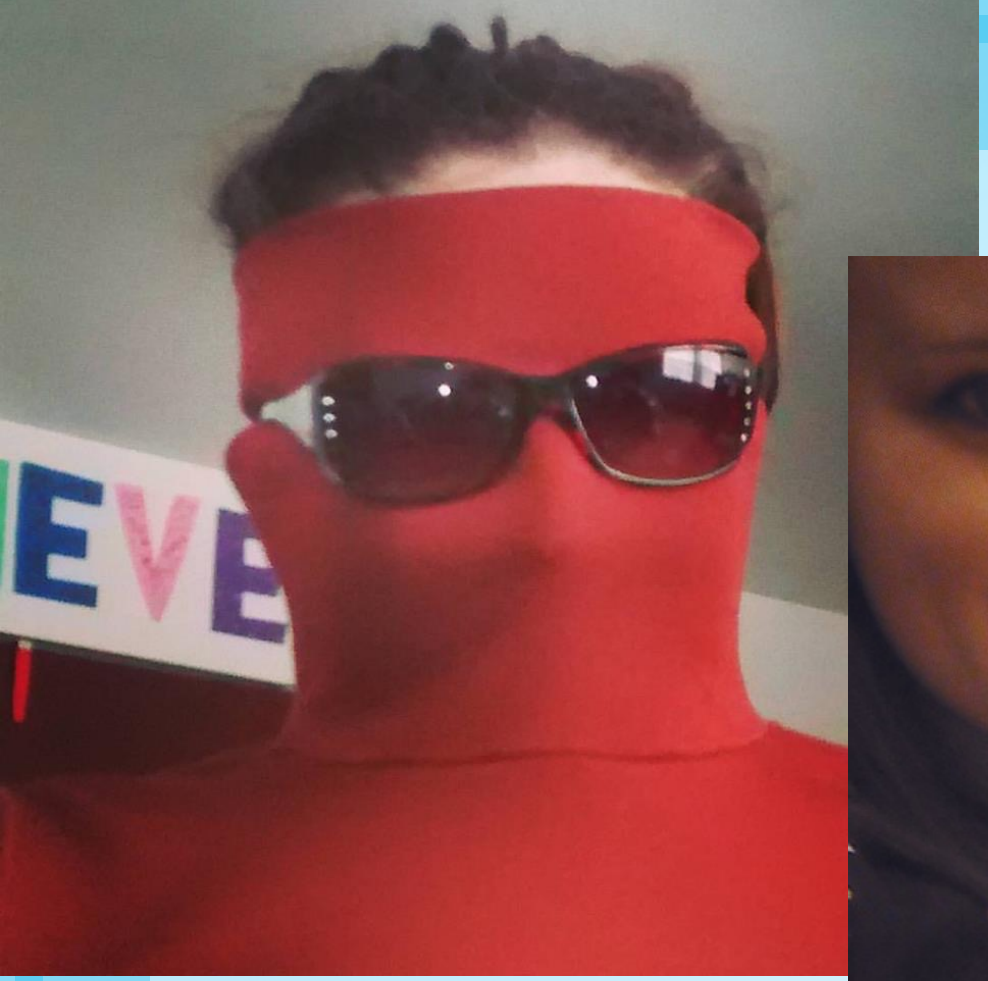

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# Writer's Block

- Causes:
  - Fear
  - Stress
  - Helplessness
  - Lack of sleep
  - Unresolved emotions
  - Poor diet
- Look for patterns

# Writer's Block (Cont'd)

- Ways to overcome:
  - Reward system
  - Physical activity
  - Remember you're not alone
  - Remember your story is worth telling
  - Get out of your comfort zone
  - Focus on your insecurities

# The Wandering Mind

- J.K. Rowling: “Imagination is not only the uniquely human capacity to envision that which is not and therefore the fount of all invention and innovation.”

- *Huffington Post*: http://www.huffingtonpost.com, “5 Reasons You Should Let Your Mind Wander.”
- *Smithsonian Magazine*: http://www.smithsonianmag.com, “The Benefits of Daydreaming.”

# Looking for Inspiration

- Writing prompts
  - *Writer's Digest*
  - Google
- Freewriting
- Photographs/Music
- Read the works of others
  - Analyze creativity
- Activities where you feel the most creative

# Back in the Game

- “On Writing” – Stephen King
- “The Slight Edge” – Jeff Olson