**TWR - episode 95**

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Learn more about prolific and sign up for your free two week trial at prolific dot mn/dot Co you're listening to think right revised episode 95. Hey there and welcome to think right revised a podcast that offers a peek behind the scenes of productive writing life. I'm your host. Dr. Katie Linder.

On this episode. I want to talk about the importance of taking writing breaks and this is something that has come up multiple times in the past several weeks and even the past several months as I work with different members of my writing groups who feel like if they kind of take a week off of writing because their grading is really, you know, taking up a lot of time or they have something else come up like Conference travel.

They feel like incredible waves of guilt that they're not getting to their writing. And I feel like this is something that especially since last July when I took kind of a creative break and I wasn't producing so much content. I wanted to give my brain some space. I wanted to you know, just not be producing on such a rigorous schedule as what I normally do and ended up being a really helpful thing for me to kind of step back.

Look at my brand in a more General way I ended up. Transitioning everything into a more radical self-trust, you know aligned brand in terms of the podcast and some other things. But I thought it was time again to talk about the necessity of taking writing breaks because I think this is something that we don't talk about a lot and I feel like an Academia in particular.

There's this sense that you should always be working on a writing project of some kind and I certainly do feel this pressure. I am a full-time researcher. So I always have lots of projects going on and we're either in you know, the data collection stage or we're in the data analysis stage were writing something up or.

You know, like we're always kind of constantly moving things through the pipeline and then of course, I have a lot of writing that I do on the side. So usually I'm working on a book project and then I also do blogging and other kinds of writing as well, but. Right now and I'm thinking about this in particular right now.

I am not kind of actively working on a book and I usually go from one book to another and I have in the past have actually started writing my next book on the back pages of the proofs of the book before it. I usually have an idea, you know kind of waiting in the wings and I know that that's something that I want to work on and this happened with my second book.

It happened with my third book happened with my fourth book. But I think that right now for me. My Creative Energy is going in a lot of directions and I needed to take kind of an intentional break from writing and one of the ways I thought about that for 2019 was to think really carefully about what I wanted to create and not focus so much on the quantity of that but instead think about the quality and it's allowed me to first of all kind of rest that muscle which is kind of constantly getting a workout or at least in the past year.

No, it has been but also it's a really good time to take kind of some reflection about what do I want to be doing because there's a lot of different kinds of writing that I've done and I've kind of checked it off and I know how to do it and I could certainly do more but I don't know that I want to do more or I don't really know the overall goal of why I would keep writing in that direction.

Now I have several clients who've recently kind of talked with me about this issue as well. And I think that's probably part of why it's so friend of mine for me where they're pretty established in terms of their CV and their academic writing and they're looking around and kind of saying well now what do I do?

Because they've got several peer-reviewed articles under their belt they have maybe a book under their belts and book chapters. You know various things that they've been working on and at some point you just kind of look around and say what's the point of just producing more lines for my ACV? And you know, if you're especially for not really enjoying it or you're feeling kind of burnout on the writing or your kind of naturally coming to a close with a certain part of your pipeline.

Maybe the pipeline it was based on your dissertation or a big project that you did in the early parts of your career and you're starting to close that down and look around and say. What's next what I want to do next? And I think this is particularly a challenging question for people who like to do different kinds of things who want to feel challenged by the writing that they're working on.

And so for some people this means taking on maybe a different kind of research design or a different kind of methodology and giving yourself a little bit of challenge in that direction. But in the meantime when you're kind of tried to figure out what to do, I guess I want to give you permission to take a break and to.

A certain amount of time and say in this period it's okay for me not to be actively working on a project and it may be that you decide to write in other ways. Maybe you decide you want to journal to kind of do some of that reflective work. Maybe you want to have a series of conversations with colleagues or friends to try to figure out the next step that you want to take with your writing or it may also be that you want to just kind of reflect on your relationship with writing in general how it's going how it's changed over time.

We have to kind of pause and have those conversations with ourselves. So right now for me is definitely kind of an intentional break in my writing process to be clear. I'm still writing quite a bit. It is my day job and it's something that I will be continuing to do but I've definitely pulled back in particular areas to give myself some intentional space for other kinds of creativity and just for rest to be completely honest like after several years.

Pushing really hard on multiple book projects and other kinds of larger writing projects. It's time to take a break and to think kind of carefully about where I want to go next and what are the larger goals for where that writing will take me. Now I kind of feel like it's one of those things where distance makes the heart grow fonder because as you've heard from this podcast, I have a very strong relationship with my writing and I enjoy it.

It's something that I turn to for Comfort. It's definitely the medium that is my favorite medium. And if you've been listening to other episodes of the show, you know that I just released a letter writing challenge, so I'm certainly not completely pulling away, but I also think that. Getting a little bit of distance is one of the best ways to get perspective and there's nothing wrong with pulling back so that you can gain a little perspective on where you want your writing to go.

So I would love to hear if you are taking any intentional breaks with your writing or if you have and you've had some good outcomes from that you can always email me at contacted kitty litter dot work to let me know you can tweet to me at Katie double underscore Linder connect with me on Instagram @ KT underscore lender, or you can always write me an old-fashioned letter.

You can address it to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one. To hear from you in any of those ways. Thanks so much for listening to this episode. Thanks for listening to this episode of thank right revised show notes and a transcript for this episode can be found at Katie lender dot work / podcasts think right revised is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others.

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