



How to manage writing anxiety

Objetivos



01

Understand
writing
anxiety

02

Learns its
effects

03

Identify
strategies
that help
manage it

Anxiety

symptoms and conscecuences

Let's talk about anxiety...

The American Psychology Association (2022) defines anxiety as "an emotion characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune".

Let's talk about anxiety...

It can present itself in emotional and physical ways:

PHYSICAL

- tense muscles
- fast breathing
- racing heartbeats

EMOCIONAL

- fear
- fight or flight reflex
- excessive worry
- intrusive thoughts

Effects of anxiety

Anxiety can have many consequences in the people that experience it often.
In college students, some of these effects are:

- low academic performance
- distress before starting a job
- impostor's syndrome
- imposter syndrome
 - ↳ strong feelings that the success achieved has not been deserved.
- mental block
 - ↳ inability to think or reason under stressful situations

Writing Anxiety

WHAT IS *WRITING ANXIETY?*



Writing anxiety...

Writing anxiety is when a person exhibits anxiety-related symptoms in the process of planning and writing a text. That is, it occurs when a person has feelings of apprehension, tension or blockage when producing textual content.

Writing anxiety...

Although it is different for each person, usually a **mental block** is one of the main characteristics. This is what prevents the writing of the text, since it results in feelings of ignorance on the topic. It can also prevent logical thinking or reasoning necessary to achieve textual production.

What you need to know about writing anxiety



Many people
experience it.

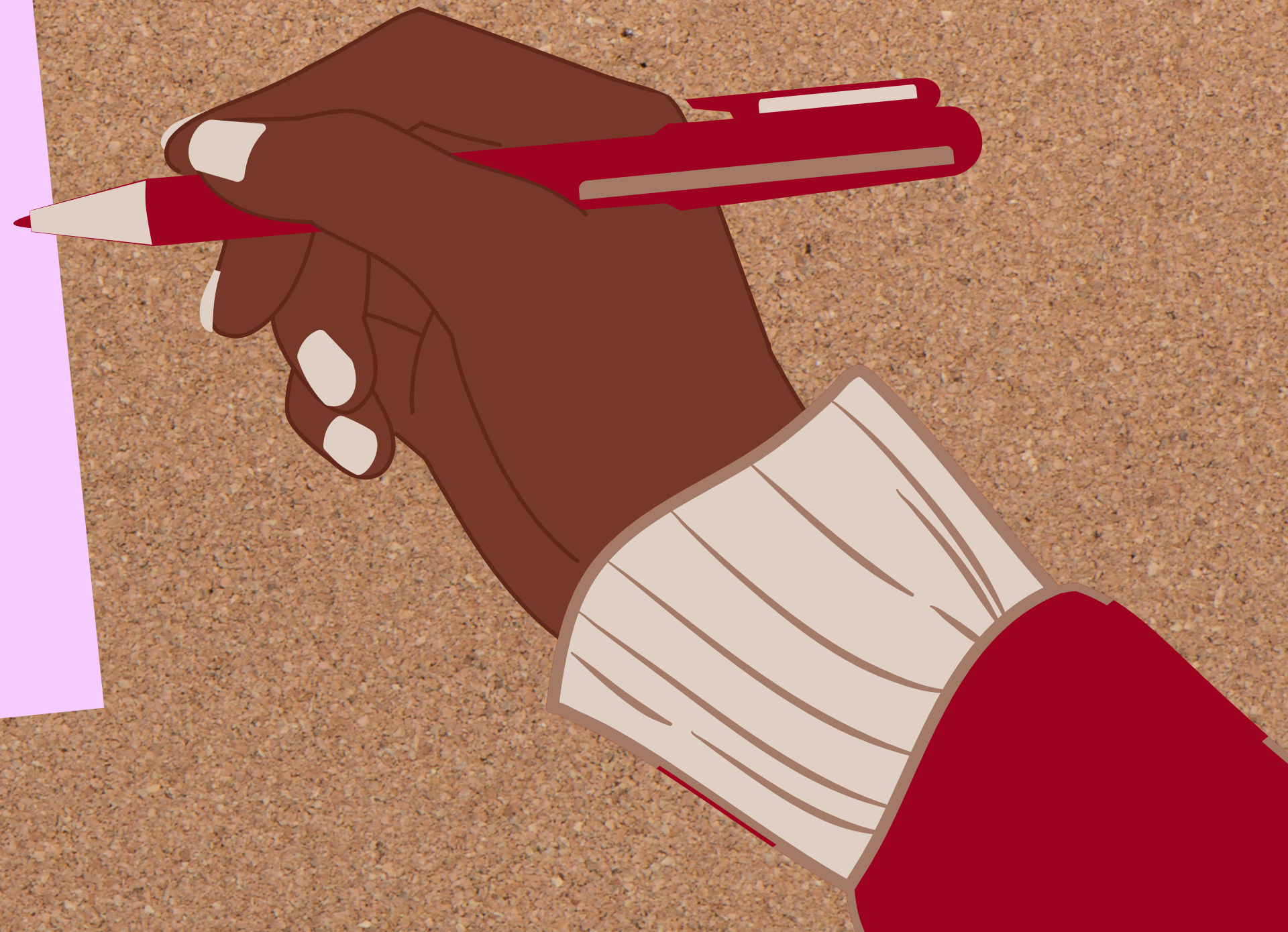



Me too!





It doesn't imply
ignorance or lack
of writing skills.

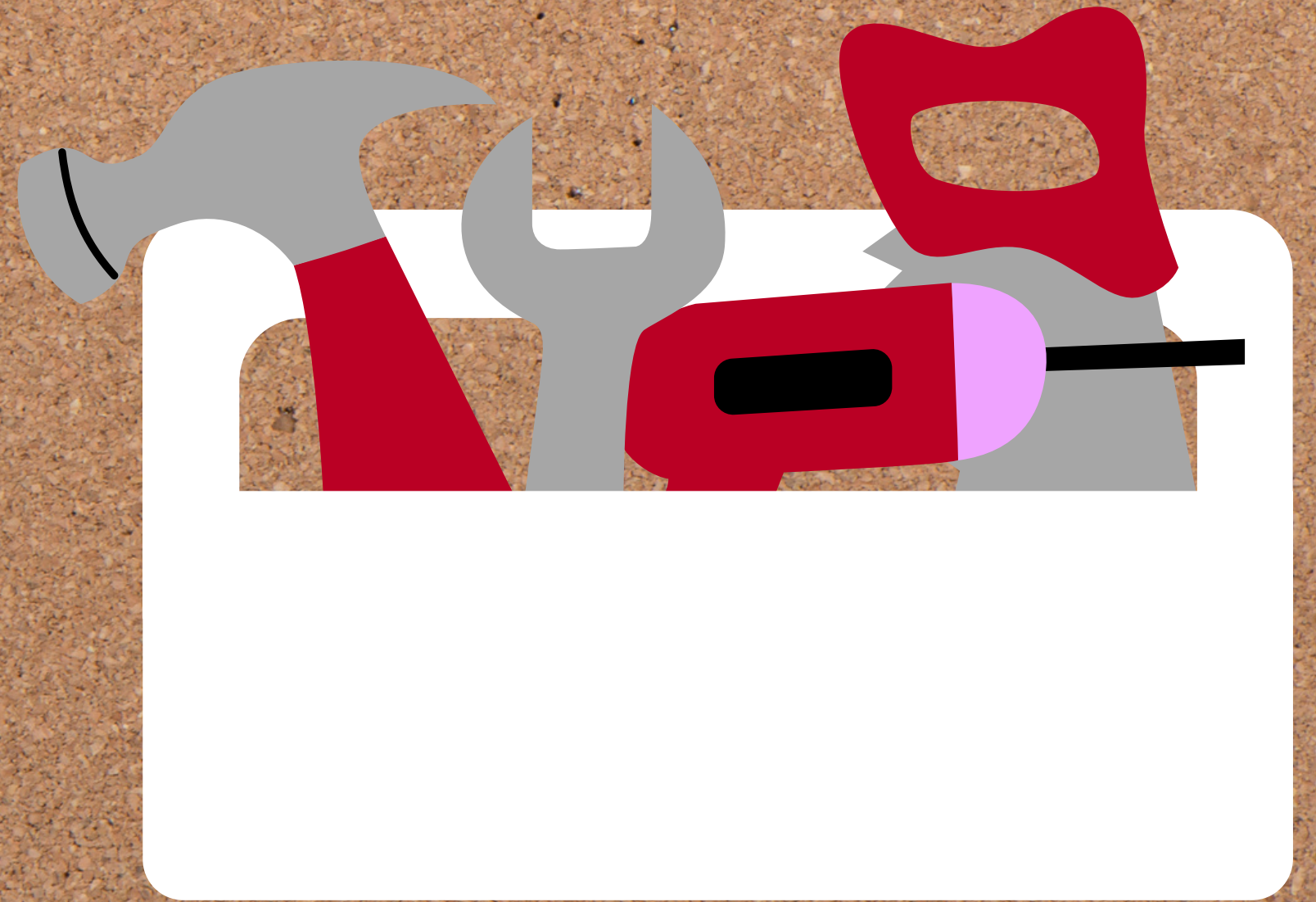




Generally, it is not
prevalent; it may
happen on some
occasions, and in
others not.

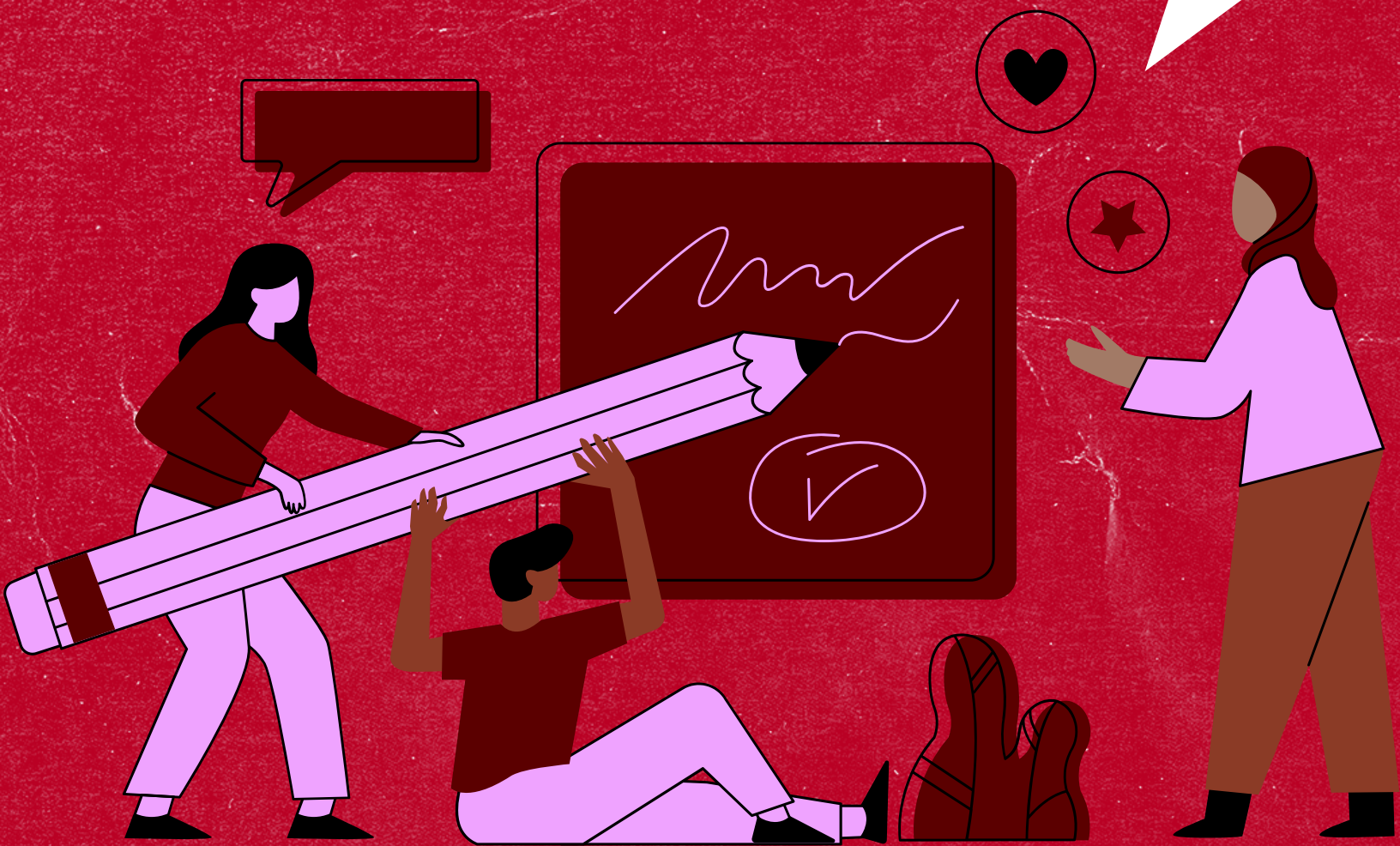


It can be managed
with the right
strategies and
tools.



Managing --- Writing Anxiety

Strategies for managing anxiety when writing



1

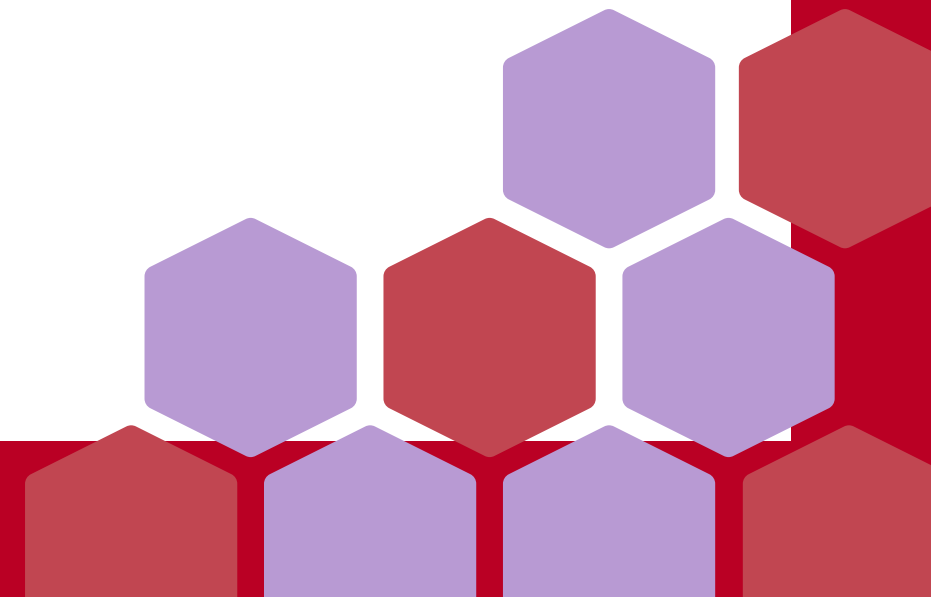
Prewriting

Prewriting refers to the reflection process that occurs just before writing a text. It allows you to identify the main ideas, the objective of the text and the audience to which it is addressed. Likewise, through this stage you can organize the ideas that you will be developing in the textual production through sketches, concept maps and brainstorming.



2 Work piece by piece

Instead of focusing on the text as a whole (which can be very overwhelming), try breaking it down into coherent parts. An essay, for example, is made up of an introduction, body, and conclusion. Working on each of these parts individually will allow you to focus on one idea at a time. The outline that you develop in the prewriting process will help you define the central ideas of each part.



3 Follow instructions

Having a guide present when writing a text allows you to take into consideration those essential areas to deliver an adequate text. These instructions vary depending on the course or intent for which it is written. Make sure you have a guide or rubric at hand, so that you can write down the parts that you have fulfilled and those that you still need to fulfill.



4 Do some research

If you feel anxious when writing about a topic, the best thing to do is to research it. You can search for other written works related to the topic and identify common writing styles in the discipline. This will give you an idea of how you can write your text, and what the audience would expect from a text on the topic you are writing.



5 Create a work schedule

Writing time is a prominent stressor in the writing process. Having a deadline means you have to allocate time for prewriting, writing, and proofreading. The ideal is to create a work schedule that allows you to work on each of these processes in a careful and focused manner. Always start with the most difficult or important task, and then set aside time for those areas that are easier to accomplish.



6 Ask for help

The writing process is not an individual one, especially in academic settings. Peer reviews are very common and give credibility to your work. There is also help in post-review processes. Ask your teacher or mentor to help you come up with an outline if you feel like you don't know how to start a writing.

Tip: You can review our resources on our website or request the services of the CDCL in each part of the writing process.



7

Doing recreational activities before beginning difficult or challenging tasks is another strategy that can help you lower stress levels.



Don't let anxiety paralyze you

At CDCL we have resources that can help you in the writing process:

- information modules
- infographics
- tutorials
- academic accompaniment

Request our services through our website!

References

American Psychological Association (APA). (2008). *Anxiety*. Apa.org

<https://www.apa.org/topics/anxiety>

Cone, L. (2018). Confronting Writing Anxiety. University of Richmond Writing Center. Writing2.richmond.edu.

<http://writing2.richmond.edu/writing/wweb/writinganxiety.html>

The Writing Center, University of North Carolina at Chapel Hill. (n.d) *Writing Anxiety*. Writingcenter.unc.edu.

<https://writingcenter.unc.edu/tips-and-tools/writing-anxiety>

Writing Studio, Vanderbilt University. (2021). *Coping with Writing Anxiety*. Vanderbilt.edu.

<https://www.vanderbilt.edu/writing/resources/handouts/coping-with-writing-anxiety/>

Thank you for using our services!



Learn more about our services:

<https://generales.uprrp.edu/competencias-linguisticas/>