

10 Writing Tips During Self Isolation

1. Make A Routine

During this strange time, it's easy to fall out of normal habits like waking up early and changing into proper clothes. However, it's vital to have a structure to your day. That way, you can trick your brain into thinking everything is normal so that it can come up with fresh ideas.

2. Set goals

Daily, weekly and monthly goals are all helpful to keep yourself on track for writing projects. You don't have to have colour-coded spreadsheets (by all means do it that helps!) but you should have a general idea of what you'd like to achieve. Ticking something off a list provides you with a mood-boosting sense of accomplishment.

3. Reward Yourself

Whether it's that piece of chocolate in the fridge or the last three episodes of a T.V series you're binge-watching, make sure you work towards something that brings you joy at the end of a writing session. Not only will you have more motivation to write, but odds are you'll enjoy the nice things more.

4. Write What You Want

There's a lot of scary news about the pandemic both online and in real life. It's up to how to use it to fuel your craft. If you want to write a quarantine love story or an action-adventure about space pirates – go for it! Writing is the ultimate escape. And it's cathartic to get out of your head and tell a story.

5. Exercise At Least Once A Day

While writing goals are important, it's also good to get out of the house and clear your head. Being cooped up in your house all day can negatively impact your physical and mental health. So keep moving in whatever way is feasible for you.

6. Be Kind To Yourself

Silencing that inner critic is hard, especially if you haven't written in a while. But there's no need to hold yourself to sky-high standards. Perfectionism is your enemy and should be defeated at all costs.

7. Turn off Your Phone

Pandemic updates can get overwhelming. Regulate your intake of coronavirus-related information. Turn off your phone and put it in a drawer (which is preferably locked and in another room) so that there are physical barriers between yourself and temptation. You'll be grateful for the distance afterwards.

8. Collaborate With Friends

Social distancing doesn't mean you have to emotionally distance yourself from friends and family. Start small creative projects with the people you love and use social media to get feedback about works in progress.

9. Practice Being a Professional Author

Most full-time authors work alone from home. Think of this as your chance to experiment to see whether the life of a professional writer suits you!

10. Don't Be Afraid to Start Something Big

Now's the perfect opportunity to tackle that project that's always been on your mind. Without school, work or other outside obligations eating up your time, you can finally give yourself permission to break out the flashcards and let your imagination run wild. Just start it! There are no more excuses.