

3 Additional Ways to Overcome Writer's Fatigue

This is an extra resource to go along with the original article:

[How to Overcome Creative Burnout](#)

1. Diversify Your Writing

Sometimes, we experience burnout because we're tired of writing the same material in the same way. Challenge yourself to write in a different genre or medium. For example, take a break from your novel and write a short story, poem, or song instead. Or, if you write mysteries, try your hand at a thriller. It helps if you're already familiar with the genre or medium, but being a complete newbie can push you out of your comfort zone, refuel your passion, and produce incredible results.

2. Don't Multitask

Did you know that multitasking isn't actually possible? Instead of doing multiple things simultaneously, you actually jump from one task to the next in rapid succession. While this practice may seem productive, it actually wastes time because your brain must take a few minutes to adjust every time you shift to another task. This practice inevitably leads to burnout because it's stressful and mentally exhausting.

Instead of attempting to multitask, create a time-block schedule that allows you to give undivided attention to one activity at a time.

3. Incorporate "Me Time" Into Your Daily Schedule

All work and no play is a recipe for creative burnout. Schedule time to do something that you love every day, whether that's participating in a new hobby or visiting an old friend. Yes, actually block out time each day on your calendar, or else you'll be tempted to fill that time with work or some other chore.

If you don't have an hour or two to spare on your daily schedule, consider blocking out a few minutes throughout the day for quiet contemplation.