

Insights from BCC Research

8 Ways To Make Writing Less Stressful Part 1

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“Writing is easy. Just put a sheet of paper in the typewriter and start bleeding.” - Thomas Wolfe

Leave it to Wolfe to both mystify and condense his own work. But he might’ve done everyone a disservice. This quote frames writing as something both simple and painful. Which isn’t exactly the case, especially for college students.

Writing papers, presentations, and projects often frustrates the students who have to do it. It isn’t a simple thing to do, and the word craft rightly recurs again and again. But the keys won’t cut into your fingers. There’s no need to fear writing, whether you write academic essays, news reports, lab reports, or formal emails.

What might make writing more comfortable for you—so that you produce the best work possible while keeping your stress level relatively low?

We’ve got a few tips that can show writing in its truer light: an attainable craft requiring regular discipline.

One quick disclaimer — our tips won’t work without fail for every single person who takes them. Writing is a subjective process that differs for all writers, no matter what they’re writing. If you don’t think the concrete advice in today’s blog will help you, look beneath the actions for their guiding principles.

1. Understand That You Already Write

You already write. Living with technology means that writing is already available to you. You do it more than you think. Which of these have you done today?