# How to Overcome Writer’s Block

Did you know that one of the most re-known writers, J.K Rowling's suffered from writer's block? In a [tweet dated 24th May 2018](https://bookstr.com/article/j-k-rowling-reveals-the-harry-potter-chapter-she-struggled-most-to-write/), she highlighted how she struggled to write chapter 9 of her book 'Goblet of Fire.' Fellow writers acknowledge her sincerity in the matter and equally shared their struggles with writer’s block.

A writer’s block can result from life challenges like relationship struggles, financial pressure, general fatigue, or monotony brought about by writing. If you are suffering from writer's block, don't beat yourself up; many writers suffer from it but always find a way to beat it.

Below are three ways to overcome writer's block

## 1. Conduct Some Exercises

Whether the writer's block results from stress or fatigue, nothing beats the power of doing exercises. Your body will get multiple benefits like improved blood circulation, a relaxed mind, regeneration of new brain cells.

Some of the exercises you partake in are:

* **Running:** If you're in good health, running can help you to reduce stress to manageable levels. As you make the quick strides, there is increased activity in the respiratory system, which prompts endorphins production. The hormone creates a happy and calming effect, thereby improving the state of mind. Additionally, a tough run increases blood circulation in the brain, which triggers new brain cells, increased creativity, and quicker learning.
* **Walking**: You don't have to attend a gym session or find a running track to exercise. Experts recommend a 30-minute walk five times a week as enough exercise for your body. The beauty of walking is the ability to interact with nature on the trail—you will get to burn extra calories, boost the mood, and enhance creativity.
* **YouTube Exercise Videos**: You could be in the middle of a project with a tight deadline, and leaving the workstation could take away precious time. At home, you can use YouTube videos to guide you as exercise. A 30-minute workout can help you deal with the block, followed by a shower. Some of the exercises you can do with YouTube's help include squats, push-ups, lunges, squat jumps, high knees, calf raises, and Zumba dance.

## 2. Step Away From Your Desk

The writer's block could be a result of monotony or fatigue. Changing the environment and doing a different activity can freshen up the brain. Engage in painting, drawing, home chores, gardening, or separate venture based on your skills.

The break from writing will give your body and brain time to rest and improve the creative aspects. Additionally, as you engage in different activities, you are likely to meet and interact with other people who can inspire you.

## 3. Do Some Fun Activities

You are probably familiar with the saying," All work with no play makes Jack a dull boy'' it also applies in writing. Keeping your body and brain in top shape and engaging in fun and games is the right call.

Some of the fun activities you can engage in to beat writer’s block are:

* **Listening to Music**: Different genres of music have a varying impact on the brain. Fast and upbeat music improves the alertness and concentration of the brain. Slow music can help your brain and body to relax by offering a soothing, calming feel. Create a playlist with your favorite hits and music that helps you to relax. You can also play music videos to improve the feeling of relaxation.
* **Watch a Comic Movie**: Unlike other movies, a comedy movie is packed with lots of laughter and requires little concentration. Watch popular comedy shows like 'Fam,' Big Bang Theory, 'The Sleep Over' to get comic relief from the block. Alternatively, you can look for other suggestions from channels like Netflix, YouTube, Hulu, and video-on-demand channels.
* **Spend Time with A Friend**: Spend time with someone who makes you feel good; it could be a family member, a neighbor, or a fellow writer. Spend time together in a coffee shop, entertainment spot, or watch a game together.

## Conclusion

A writer’s block could stand in the way of publishing a book in time or making sufficient income to support your family. After suffering from writer's block, don't wallow in pity or allow self-doubt to creep in—the quicker you start rectifying it, the better.

Find activities like running, gardening, spending time with a friend, or watching a comedy movie to get back on your footing. Such activities will create a necessary break, rejuvenate your brain cells, and consequently get your writing mojo back.