

**Council for Allied Health Professions Research (CAHPR)**

**National Event:**

**‘Sharing your research through dissemination’**

**Workshop 1: Friday 20<sup>th</sup> October 2023 1.30-4.30pm**

# **Overcoming Challenges to Writing**

## **Part B**

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**Part A:  
Challenges identified  
by Clare Smith**

**Part B:  
Some Practical Solutions**

**Overwhelmed by the  
Size of the Task**

**New Habits**

**Strategies to  
Unlock your  
Potential**



# Strategies to overcome **procrastination**

**Prioritise:**  
‘Boulders,  
pebbles and sand  
in bucket’

**Acknowledge  
responsibility to  
publish findings**

**Plan tasks in bite-  
size portions:**  
Relevant to time  
available

**Acknowledge if  
avoiding writing and  
ask yourself why.**  
Perhaps discuss with  
supervisor / mentor /  
co-author

**Write every day:**  
at least 5 mins

# Strategies to overcome **‘Writer’s Block’**

## **Cause of block:**

fear it won’t be good or  
referees won’t like it?

Fear you can’t write?

Acknowledge reason and  
try to let go

**Telling story:** how you  
would tell a relative or  
friend your main  
message

## **Vocalise:**

- Say it out loud
- Dictation software

## **Write with left hand:**

access right side of  
brain (creative side)

**Let it flow:**  
try not to edit as  
you write

## Focussed writing sessions

- Protect time and space for writing
- Writing buddy – to commit to sessions
- Away from office/phone
- Mindfulness to enable selective thinking and access relevant thoughts

## Getting Back Into Writing

- Keep up momentum - regular sessions
- Consult 'To Do' list - select task, depending on time available
- End previous session half-way through sentence or paragraph – easier to re-start
- Keep pen and paper / phone handy between sessions - note ideas

# Starting Out

➤ What is the **main message** of your paper?

➤ **Structure of paper:**

One page skeleton – list points under sections:

- Abstract/summary
- Introduction
- Methods
- Results
- Discussion
- Conclusions

**Enjoy writing!**

**Thank you**