

THE SILLY GOOSE WRITING CLUB

newsletter #9



Hello to the Silly Goose Writing Club! This is Nicole, the former Creative Director of Thin Air Magazine. Having recently graduated with my MFA in Creative Writing, I wanted to spend some time talking about something a bit strange for someone whose entire life has been centered around writing for the last two years: **not writing**.

After experiencing a very stressful thesis year, full of writing and editing and thinking about writing, I've learned something incredibly important for all writers: take breaks. Today's culture encourages the devout worker, someone who places the act of labor above their own wellbeing. And while this could possibly be good for one's career (maybe), it's not a sustainable state of mind when approaching creative work.

I've found that creativity is like a glass of water, and creation is like drinking that water, eventually you'll get to the bottom of the glass and you won't have any more fuel. But with deadlines, dedication, and discipline, sometimes we're forced to continue working with an empty glass. I'm here to tell you that refilling the water is just as important as drinking it. This water is made up of everything we experience in day-to-day life, the films we watch, the books we read, the really good meals we eat, the really bad ones, the conversations we have, the time we get to just sit and think.

It's okay to take a break from writing. It's okay to let it all slip from your mind, and spend time being present. It's okay to rest. During those moments, the real writing happens. Your experiences refill that cup and prepare you to write your next great piece.

On that note, here's a **writing exercise**: Think about your recent experiences, those conversations, books, meals, etc. from above. Take a few minutes to write about how those experiences have contributed to the current piece you're working on, or how they might inform what you might be working on in the future.

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