

Wellbeing When Writing

Writing as Narrative

Year 3

Delivered by:

[Facilitator Name], [Facilitator Title]

Learning outcomes:

- Identify and discuss your own approach to writing for your PhD
- Evaluate the statement: 'Writing a PhD is like writing a story'
- Design your own writing strategy and/or storyboard your thesis

Identify and discuss your own approach to writing for your PhD

- Question 1: What place do you think writing has in PhD research?
- Question 2: What are your preferred approaches to writing?

Evaluate the statement: 'writing a PhD is like writing a story'

- In what ways is writing a thesis like writing a story?
- In what ways is it not?

Writing as narrative

- What might your thesis look like as a story?
- What kind of shape might it take?
- How might its sections link together, supporting and building on one another?

Storyboarding your thesis



Use the storyboarding templates to create a narrative for your thesis.

- Which shape would best suit your project?
- How might you make links and connections between the different chapters and sections?

Physical wellbeing exercises, rest-breaks & strategies for movement

- Learn a series of simple and effective Wellbeing Exercises that are suitable for all and can be done anywhere. No special clothing or equipment is required. You can do these exercises wherever you are, and they can be practised every day. It's a simple five minute movement sequence that has a lasting positive impact!
- Synchronise the movements with your breathing for added benefits.
- https://www.youtube.com/watch?v=S_jwJwHA554
- <https://www.youtube.com/watch?v=m10uiHU7uAw>

Breathing for wellbeing

Try the 'Three Minute Breathing Space Practice', here:

<https://www.mindful.org/the-three-minute-breathing-space-practice/>

Design your own writing strategy

- Write every day – practical strategies for building a writing routine
- <http://www.nextscientist.com/writers-block-phd-students>
- In a group or on your own, design your own strategy for writing as a regular part of your PhD process.

Plenary discussion:

- What are five words you associate with the writing process?
- When you are about to begin a new piece of writing, how do you feel?
- Why do you think writing makes you feel like this?
- What for you are the main pleasures of writing? And what are the main obstacles?
- What are the strategies you have developed/will develop to help your writing process?

Further information (online)

- #PhDchat
- #PhDAdvice
- #AcWri
- #ShutUpAndWrite
- @WriteThatPhD
- <https://thesiswhisperer.com>
- <https://www.vitae.ac.uk>

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