

## LC-DC Podcast Episode 7: Overcoming Writer's Block

### Show Notes

#### Host & Guest Bios

Ryan is a faculty member in the Douglas College Learning Centre.

Nehaa is a student in Douglas College's BBA Marketing Degree program and a writing tutor in the Learning Centre.

Antonio is an English Language Learning Specialist at the Douglas College Learning Centre.

Quinn is a student studying History and Sociology at Simon Fraser University and a writing tutor in the Douglas College Learning Centre.

Renee Sarojini-Saklikar teaches Creative Writing at Douglas College and is the author of numerous published works, including her latest, *The Heart of this Journey Bears All Patterns: An epic fantasy in Verse*, available at <http://thotjbap.com>

#### Episode Summary

This episode was recorded in [the Podcasting Studio](#) and the Learning Centre in the New Westminster Library between January 29 and February 4, 2026.

In this episode, our guests discuss writer's block, beginning with what it is and what causes it. They describe it as being "stuck", not being able to put ideas into words, or simply not being able to get words onto a page. It is often caused by the pressure of deadlines, perfectionism, and overwork.

The guests share how writer's block makes them feel, from angry, stressed, and frustrated, and how it can affect our bodies. As Renee reminds, it's important for us to listen to our bodies when we struggle with writer's block.

Quinn and Renee recommend stepping away from the writing for a brief period, while also having a plan for coming back to it at some point. Neehaa suggests starting early and spending considerable time on pre-writing steps, such as brainstorming, researching, and outlining, which helps to prevent writer's block from occurring in the first place. Antonio recommends paying attention to the specific personal causes of writer's block. Neehaa advises us to be kind to ourselves. Quinn reminds us that it is something everyone experiences. And Renee recommends just writing anything, whether your name, gobbledegook, or your anxieties to get started, move your body in the act of writing, and clear away the doubts in your head.

### Resources

*Resonance*, recommended by Renee, [is available at the Douglas College Library](#)

Check out our [online writing resources](#)

[Submit a story for the Learning Centre Student Writing Contest](#) by February 22, 2026

### What Next?

Book an appointment with a Learning Centre tutor through [our online booking system](#)

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Thanks for listening!