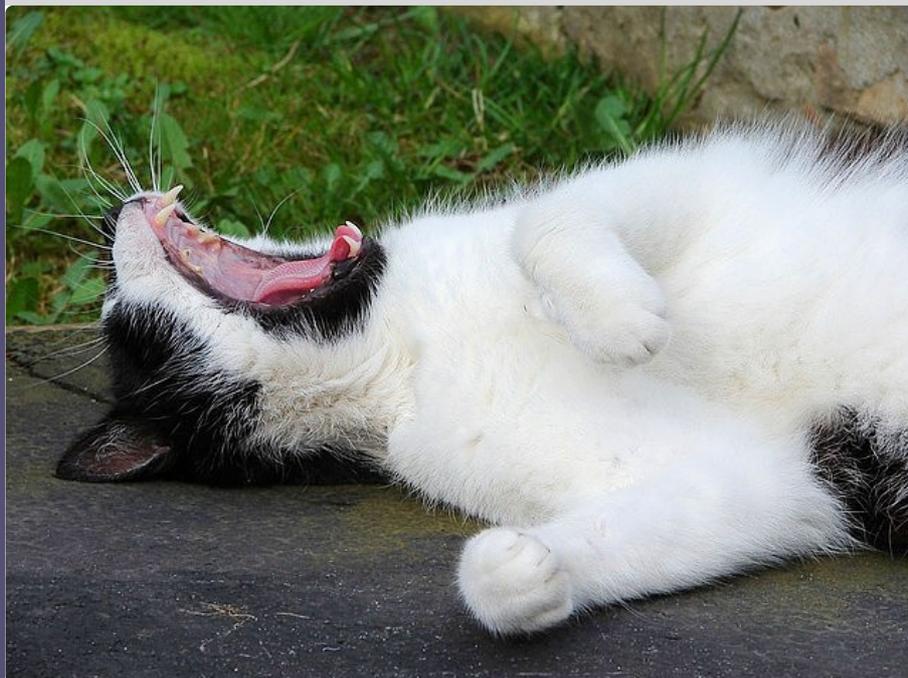


The logo for 'Authors Community' is written in a large, elegant, black cursive script. A thick, black, wavy line starts above the 'A' and loops around the top of the word 'Authors'.

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Make

## **Back in the groove... or not?**

by [Gina Burgess](#)

I was yawning big time just trying to get that photo on the newsletter. What is it about the middle of winter (and a major winter storm) that keeps our hibernation mode in gear? Here it is a whole week after getting back to work and I'm still moving like molasses in January.

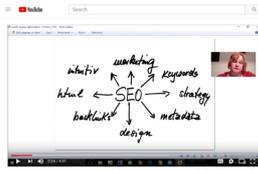
**Good News!** If you are suffering these symptoms: tiredness, lack of appetite and concentration, drowsiness or sleeplessness, and muscular aches, you may not be coming down with the flu but are suffering from post-holiday blues, or back-to-work blues.

After rummaging around the web, I found some pretty good tips to help overcome these mid-winter, after-holiday, blues.

1. **Embrace the Blues** -- Huh. Well, after several days off, who really likes to get back to a routine that you just spent several days trying to break away from? Writers have a hard enough time finding time to write. And, hey, newflash... if writers don't write, then that puts editors out of work. So, this feeling is normal. Embrace it and know that this, too, will pass.
2. **Wear clothes you like** -- Huh. My commute to and from work is about 20 feet. I always wear clothes I like, but they are not always perfect for public wear. So, I did take a little time to get a bit more professional this morning, and I actually felt like tackling taxes. Warning: This may not work for everyone!
3. **Get to the office earlier than usual** -- Of course, this means you must get to bed the previous night earlier than you have been. This doesn't work well for night owls. So if you are one, skip to the next point.
4. **Set new goals** -- Visions of resolutions are dancing in my head.
5. **Make plans for lunch** -- Alrighty, this is getting better. There are people in this world that do not like going out to lunch. They are crazy, so stay away from them.
6. **Listen to music** -- Music is also good to inspire. But, if you like that depressing stuff, try listening to something a bit more peppy for awhile.

7. **Build in transition time** -- This one is probably the most helpful. Don't plunge into all the heavy stuff first thing. It'll ruin that holiday glow you've got going if you do. Take things slow. Don't try to get all the catch-up done in one gulp.
8. **Visualize fun** -- Instead of moaning that all the fun is past and drudgery lies ahead, focus on the fun things coming up. There must be something fun about your job or the people you work with, so do the things you like to do first. Save any drudge things until later.
9. **Change your position a lot** -- This year it is cold enough for a fire in the fireplace. But, the wood isn't seasoned as well as it should be, so this means that I have to get up and stoke it a lot. Good for me. Stretching, bending, stretching, bringing in wood, blowing on the coals... exercise I needed. I feel better now.
10. **Punch the hopamine (hope-a-meen) button** -- Writers, finish a tee-ninsy creative project that has nothing to do with your current WIP. When you finish a 2-paragraph story, or a flash fiction challenge, or a story in 10 tweets, or a quotable quote, your brain gets a dose of hopamine, which is a hormone that gives your brain a victory boost. This stimulates your brain to seek this high again and again. You are ready to tackle anything.

[I've posted this on the blog, so come share your Victory Boost with the rest of us!](#)



## SEO Explained

Tamy shares some insights about search engine optimization. Thanks for the great info, Tamy!

If you've got a message that will help others in their writing/editing/marketing/illustrating, [and you are a member of Authors Community](#), [Email Gina](#). She'll work with you to get your message (blog post, newsletter article, training video (3-15 min) or web-ed class (this you'd get paid for!) out to the community. Let's get started!

SEO Explained



## Forum News

In order to view and participate in forum discussions, [please register on the website](#), and then [join the forum](#).

Discussion forum members need only click on the links. Others need to register on the website first.

[Let's help each other promote by pooling our influence.](#)

[Come say "Hello!" Introduce yourself and let's find commonality in our community.](#)

[Need a Service?](#) Have a need but can't find the service you need? Post it here and we'll find it for you, or answer your questions about it.

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Tell us about your stuff! Awards? Book sales goal reached? Works in Progress? Milestones? Something you'd like tweeted? [Let us know here!](#)

Forum Discussions

## Blog Highlights

### [Reading Aloud...](#)

by Sarah Tun

Do you remember reading aloud to your children? Or if you've never been a parent or teacher, how about the reading aloud you had to do in school when you were young, to prove you could actually read: Remember that?

*What's the point of reading aloud?*

### **What do the best writers do?**

*by Joel Klekke*

There's something great writers do that other writers don't, and it has nothing to do with writing itself. It's not about grammar, length, or even word choice. Grammar and typos are actually the smallest part of editing.



### **New email addresses...**

Just to let you know... we have some new email addresses. Of course all the old email addresses work, too.

#### **Administrative email**

**Tom Blubaugh**

**Gina Burgess**

Authors Community a division of  
Common Sense Marketing Strategies,  
LLC  
EMAIL US



This email was sent to {EMAIL}  
You received this email because you are registered with Common Sense Marketing Strategies, LLC or with Authors Community, or are connected with Tom Blubaugh or Gina Burgess on LinkedIn.

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