**SEO WRITING SAMPLES**

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**Writing Sample # 1**

**Long Term Effects of Alcohol – What it Really Does to You**

Millions of people struggle with drinking problems. If you are one of them, deep down you know that most likely there will eventually be long term effects of alcohol on your health.

You may think of your drinking problem as alcoholism, or you may prefer to call it something else, such as alcohol use, alcohol abuse or alcohol dependence. What you call it isn’t as important as what your drinking is doing to you.

The devastating impact alcohol is having on your health may not be noticeable right away. But when you drink over a long period of time, alcohol may be in the process of damaging almost every organ in your body.

**Damage to Your Health with Alcohol**

Alcohol can cause a wide variety of health problems. Heavy drinking increases your risk of blood clots, which can lead to a stroke or heart attack. The heart can suffer considerable damage after years of drinking to excess, increasing your risk of irregular heartbeat and coronary artery disease

Alcohol can cause horrible damage your brain, which is evident when you have blackouts or memory problems. Your immune system may also be damaged, making you more susceptible to illnesses.

**Chronic Illnesses Caused by Alcohol**

The most widely known chronic illness caused by alcohol is cirrhosis of the liver. Cirrhosis is scarring of the liver to the point that the liver no longer functions properly and may ultimately fail. If you develop cirrhosis, symptoms you may experience include tremors, confusion and pain. Ultimately this disease may result in death.

The liver isn’t the only organ that may be badly damaged by drinking. Kidney disease is another chronic illness that may be caused by alcohol abuse. You are at high risk of developing several different forms of cancer if you don’t stop drinking, including cancer of the esophagus or liver.

Drinking heavily can cause digestive problems and you may develop gastritis or ulcers. Many people who drink too much would rather drink than eat, and they end up malnourished.

**How to Get Sober Before It Is Too Late**

As long as you keep drinking heavily or often, alcohol is continuing its assault on your body. If you don’t get help for your drinking problem, the question isn’t if alcohol will cause major health problems – it’s when.

There is little or no nutritional value in alcohol, and drinking on a long-term basis will sooner or later destroy your health.

Talk to your doctor or a counselor about getting help to overcome alcohol dependence and to reduce your chance of suffering from the long term effects of alcohol abuse. It can be dangerous to quit drinking cold turkey, so it’s important to have guidance and support.

The important thing is that you do admit that you have a problem with drinking and make a plan to overcome it. It’s time to give up drinking before it’s too late.

**Writing Sample # 2**

**IS WRITER’S BLOCK A MYTH?**

Writer’s block is a well-known problem among freelance writers. There are days when you can write with wild abandon. Your fingers fly happily over the keyboard. The words almost seem to write themselves and you race to capture them all.

Then there are the days when you simply can’t write at all.

You have writer’s block.

Or so people say.

**What is Writer’s Block?**

TheFreeDictionary.com defines writer’s block as “A usually temporary psychological inability to begin or continue work on a piece of writing.”

You’re a writer, but you can’t write.

You’re stuck.

The words won’t come.

But wait a minute. Your *job* is to write. You can’t just choose not to write.

It says it’s an *inability* to begin or continue…

That means you can’t do it.

Hmmm. If you were a carpenter, and you suddenly couldn’t pick up a hammer, would people say you had carpenter’s block and wait patiently for you to get started again? If you were a police officer and you suddenly couldn’t confront a criminal, something tells me you won’t be part of the police force much longer.

Is writing really so different than other careers?

It seems to me it’s not just an inability to begin or continue work on a particular writing project – it’s an inability to work on it *easily.*

You can write. You just don’t. Because it feels too hard.

You’re frozen with fear listening to inner critics.

You think your words aren’t good enough.

**Writer’s Block or an Excuse?**

Famous writers have sometimes suffered from writer’s block, and at times it doesn’t just last a day or two. These writers are completely stalled and can’t pick up a pen or touch a keyboard for months on end.

There is probably not a writer alive who hasn’t sometimes felt that they are blocked.

But if you’re a writer, you have to write.

It’s what you do.

If you have been contracted to write someone else’s blog, you have to deliver some sort of post by a deadline.

You can’t simply choose not to write, not if you want the gig.

Like any other avocation, some days are better than others.

If today is a bad day for writing, scrub the floor. Bake some cookies. Walk the dog. Again.

But if you can’t write for days on end, make yourself write anyway. It’s ok if it’s garbage. Pretend no one is ever going to see what you have written. Feel free to use the delete key. In the old days before everyone used computers, pictures of writers often depicted them sitting at a desk next to a trash can overflowing with crumpled up papers.

In her classic book *If You Want to Write,* Brenda Ueland says we are born creative. As children, we imagine and create without hesitation. We don’t question if our imaginary world is good enough. We just create.

Hesitation comes with maturity. As we grow up, we learn to question our own creativity.

We become blocked when we worry that our creativity isn’t creative enough.

Let it go.

Get unblocked.

Who cares what anyone else thinks?

Write.

**Writing Sample # 3**

**Can Young Children Experience Depression?**

Depression is a brain disorder characterized by sadness and loss of interest in daily activities. It’s a serious but treatable illness. Although most of us don’t think of children when we think of depression, a small percentage of children do experience depression.

This doesn’t mean that parents should worry that every episode of sadness or melancholy means a child is depressed. There is more to depression than an occasional low mood. Life is full of many ups and downs, and your child will feel down every once in a while. But if you notice that your child appears hopeless or lacks energy and enthusiasm for life for more than a couple of weeks, it’s possible that he or she is depressed.

**Symptoms of Depression in Young Children**

Symptoms of depression in children vary from one child to another. In younger children, a depressed mood may be revealed by angry or acting out behavior. Many children also exhibit the same type of extremely sad mood that is seen in adults who are depressed. A depressed child may appear extremely sad and hopeless or may visibly lack energy.

Other symptoms of depression in young children include the following:

* Loss of interest in playing with other children
* Irritability
* Growing sensitivity to rejection
* Frequent episodes of crying
* Changes in sleep patterns
* Frequently complaining about headaches or stomachaches
* Inability to concentrate
* Fatigue

A depressed child won’t necessarily exhibit all these symptoms. But you may feel strongly that something is different about your child. It’s probably pretty noticeable that he or she has lost interest in people or activities that used to bring pleasure or never seems to be happy.

**How Depressed Children Are Diagnosed**

Depression in children may be unnoticed or untreated because it may seem like the child is just moody or going through a phase. This condition can be caused by a combination of factors. If there is a history of depression in any member of the family, it increases the risk that the child may develop depression. If the family has experienced loss or stress, the child may be impacted as well.

When sadness or disruptive behavior persists, particularly if symptoms linger for more than two weeks, talk to your child’s doctor. A consultation with a mental health professional who specializes in working with children may be recommended. Interviews may be set up with parents, family members and teachers. There are no medical tests that can diagnose depression, but mental health professionals can evaluate what’s going on with your child based on questionnaires, conversations with the child and others as well as observations of the child’s behavior and demeanor.

**Treatment of Depression in Children**

Treatment options for depressed children are similar to those for depressed adults. Usually a combination of psychotherapy and medication is recommended. There may be therapy that involves participation from the family. No single treatment is best for every child, and your child’s doctor or mental health professional will determine the best approach for treating your child.

Early diagnosis and close monitoring of depressed children is essential. Untreated depression can lead to problems in school, behavior problems and possibly even suicide attempts. Depression in children can precede more serious mental illnesses as the child grows up.

The good news is that depression is a treatable illness. When you recognize symptoms of depression in your child and the child enters treatment, you are giving him or her the opportunity to continue to grow and mature in a healthy way. Treatment can help to bring depression under control, and your child can still lead a healthy, normal life.