[MUSIC] You're listening to You've Got This, episode 380.

[MUSIC] Welcome to You've Got This, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life.

I'm your host, Dr.

Katie Linder.

[MUSIC] On this episode, I thought I would talk about some of my favorite current ways to be restful.

Now, I don't know how things are where you are in your kind of professional life this time of year, but at my institution it is very, very busy.

There's a lot going on and some of this has to do with just like leading up to commencement.

Some of this has to do with trying to like wrap up academic year projects, but I feel like April is always a little bit chaotic until we go through commencement, which is typically happening in the first couple weeks of May.

And so this has really been on my mind because I think it is so important to build in rest and reset and recovery time in the midst of really, really busy times of our kind of professional seasons.

And so I was thinking about what are some of the ways that I build in restful activities that are focused on resting my body, resting my mind, and kind of resting my spirit.

Because it's taking all three of those things to get through this particular professional season.

So I thought I would talk through each each one and really just encourage you to pause if this is a very busy season for you as well to pause and really think about how you might want to build this in instead of getting to the point of just burning out.

And that's the thing that I'm always trying to be really thoughtful about is I don't want to just collapse at the end of a busy season.

I really want to try to build in little like mini resets throughout so that I feel like I am not running on fumes by the time it comes to the end.

So some of the things I'm building in right now in terms of rest, for me physically with my body, is scheduling more walking meetings and taking walks at lunch.

One of the things that I find pretty fatiguing is just being in front of a screen all day and not being able to move around.

So if I have the opportunity with a colleague to do a walking meeting, I will absolutely do that.

And I have found a couple of routes around my campus.

One is is about 25 minutes, one is about 35 minutes, and I just go different routes depending on what the meeting is.

And I found that this can be just incredibly helpful when you need a meeting where you're just talking through maybe a thorny issue or there's a lot of listening involved.

Sometimes it's easier to do that when you're walking with each other.

Now I'm also really trying to block my lunch and take walks most days if I can, and that certainly helps that the weather is getting a little bit nicer outside.

So I do wanna be outside And I can walk outside without my coat now, which is wonderful.

I am also still keeping up with batch cooking.

Now you've heard me talk about this before, and I really like doing this because it buys myself time later in the week, and I just don't have to think about what I'm taking to work to eat.

So I did take a break.

I was doing a, like a soup recipe for a very long time.

It was like a vegetable soup and I mixed it up with like a quinoa salad one week.

And then another week I did like a pasta dish, but I'm back to the soup.

It's just that he's used one to do.

And, um, having this just ready to go is something that saves myself time.

It's kind of like my present self is helping out my future self by not having to think about this every day.

Uh, speaking of this, I also like using my current energy to get ahead for my future self who might want to rest.

So, um, I try to build in kind of margin when I can by working ahead, if that's possible.

but I'm really only using that method when I have the energy to do it.

So I'm not kind of forcing myself, but if I feel like I have a little bit of extra energy, I will kind of work ahead on some tasks for the week.

Sometimes I'll do like a little bit of an extra long workout.

Um, and then that, you know, allows me to pull back on a workout, maybe later in the week if I want to do that.

So using current energy to get ahead for my future self is something, um, that allows me to build in rest later on in the week.

Uh, of course, swinging in my hammock made the list.

I have not yet put it outside, but I am looking forward to that.

We had 80 degrees this weekend as I record this, which is kind of my cutoff point.

It's actually like 75, 70 degrees.

And so definitely I can start to move that outside.

I also added to this list, taking a weekend afternoon to read for just several hours in a row.

And I think that for me, like being horizontal, like resting on the couch, even if I'm not like taking a nap or just relaxing in a reading chair or something like that is something that is very restful for me.

And it allows me also to just kind of escape into a story or a book that I'm reading, which I really enjoy doing.

And then the last thing I put on this list is eating without doing anything else.

So not having my phone, not having a book, just focusing on what I'm eating, I find to be a very restful activity.

And sometimes this involves having a conversation with my partner for going out to eat or something like that.

sometimes just kind of like sitting and zoning out while you're eating a meal can be a really restful activity.

Okay, the next list I made was things that are restful for my mind.

So that first list was things I'm really focusing on for physical rest.

The next one is Monday mornings without meetings to ease into the week.

Now I've had a couple of Mondays lately where I've had some meetings get canceled and wow did it make a difference to kind of ease into the week with much less pressure on my schedule.

So I can't always control for that because of other meetings that get put on my calendar, but I love this when I can pull it off.

The other thing I've been doing recently is showing up to a meeting early in an empty conference room and doing a little bit of email maintenance when I'm sitting there by myself.

Now you might ask, "Why don't you just do this in your office?

" But I have found that getting a change of location is really nice.

It's kind of a way to re-energize my mind to move to a different location.

And also, people don't come find me when I'm in my office.

I can kind of hide in these conference rooms because when I'm in my office, people will often come by and talk with me.

So if I can go hide somewhere for even a few minutes, I can plow through a bunch of email, which is great.

Okay, the other one I added to this list is Friday nights, reading in bed while laundry is going on in the background.

Now, this one feels is very specific, but I find it really restful for my mind because it's getting a jump on the weekend, but it's getting a jump on the weekend with something that's relatively not labor intensive.

So I can, our laundry room is actually right next to our master bedroom, so it's really easy for me to like relax and read and just get up and switch out laundry.

And one of the things I always try to do over the weekend is like get all of our laundry clean and get it like folded and put away for the week.

And so this is something I love to start on Friday nights.

I also added to this list binging YouTube videos that have stacked up.

One of the things I really love about the YouTube videos that I tend to watch is that they're pretty creative.

Sometimes there's things like book reviews, sometimes it's videos that are about just kind of like day in the life, you know, of different people that I follow.

And I find this to be very restful for me cognitively because it's just another way of kind of relaxing my brain from the things I normally have to think about.

So I kind of treat this a little bit like reading.

It's just kind of a nice escape.

Now the last thing I put on this list is actually planning for rest, reset, and recovery time in a new week or in a new month.

And this is actually something that I tend to build into the prolific planning events that I do that are weekly planning and monthly planning because I feel like we always forget to actually make a plan for where we're going to build in the margin that we might need for rest, for reset, and for recovery time.

Now I think this could be like a day off of work, but this could also just be like margin in between meetings or taking an afternoon off or you know doing the thing I was talking about where you use like current energy to get a little bit of head to buy yourself a little bit more restful time later in the week, kind of front-loading your week or front-loading your month.

So I added that to the list as well because I think it can be really helpful.

Okay, the last category I am going to talk about is kind of restful activities for my spirit.

And the first one that I put on this list is Sunday evening meditation sessions.

So I did add this to my event list in prolific.

I lead guided meditations every week on different topics.

And of course, this is just a great reminder to me to to just slow down and to engage and enjoy the meditation even as I'm reading it.

Also drafting the meditation script of what I want to be talking about also gives me a moment to like check in with myself about what is the thing that I feel like I most need in terms of a meditation theme and then be able to offer that to someone else.

I also added to this list drinking a cup of tea.

I feel like, I don't know, there's just something special about tea.

I mean, you could probably put this into body or mind, but for me, there's something that's just kind of like really magical about like getting yourself to slow down And there's something too about a hot drink that you pay more attention to it because obviously you're trying to not burn yourself or spill the sun yourself.

So I don't know, I just treat drinking tea differently and I love the different flavors.

I love that they're seasonal.

And I feel like this is something that can be a very restful activity, especially for me in the evenings.

I also find planning things that I'm looking forward to is a kind of restful activity that that I would say is restful for my spirit.

So something I did just the other day is I woke up early one morning and I started to plan out my to be read list for May.

And I plan these lists in advance.

If you follow me on my YouTube channel, you know that I pick books to read in advance every month.

And then I, sometimes I theme them.

Sometimes I'm just like picking random things that are like coming in from the library.

But I decided in May, and this is a little bit of a spoiler, but I decided to pick a bunch of books that are like super popular I have not had a chance to read yet.

So these are books that are like on book talk or you know, they're showing up a lot on social media or they're just kind of like indie authors that I haven't had a chance to try.

And it was super fun to just plan out this list and think about all of the books that I've been meaning to read but I haven't had a chance to yet.

And it just really gave me something to kind of anticipate and look forward to that I'll be able to dive into in a couple of weeks.

So I would definitely put like planning a vacation into this category or if there's other kinds of planning of things that you're just like really looking forward to doing.

I think this falls into this category.

Another thing I put on this list was a weeknight movie viewing in bed.

So we do have a television in our bedroom and every once in a while we'll just be in the mood to like watch a movie after work.

And it's always something I typically don't pick movies that are like action movies or something that's like super high drama.

I usually pick something like a romantic comedy that's a little bit easier to fall asleep after.

And it's so relaxing and it feels so kind of like, I don't know, it feels special to me because it's not something we normally do.

So when I can build this into my schedule, it feels like extra restful and kind of a special thing.

And then the last thing that I put on this list was taking a drive after work with no destination.

And I will admit that sometimes, especially on nights where I know I have a little bit more work that I need to do after I get home from work, I will ask my partner to just like take us on a drive because I'm not quite ready to go home and continue working.

And sometimes this involves us going and grabbing dinner somewhere.

But typically he'll just like take us on like a loop or we'll like drive out into like, I mean, the country sounds kind of weird, but like drive outside of the city basically into a little bit of farmland, or we'll just take a drive and just like enjoy the time together and and enjoy the time not having to work.

Um, and so I feel like in an especially busy season, doing something with, that doesn't really have a destination or doesn't really have a purpose can just allow your, your mind, body and spirit to reset a little bit.

So of course I would love to hear your current favorite ways to be restful.

Um, especially in busy seasons like this, I'm always looking for ideas to allow myself to do that rest, reset and recovery time.

You can always email me at hello@drkatylinder.

com.

I always love to hear from you and I hope that you are finding ways to build it a little bit of margin in the midst of a busy time of the year.

Thanks so much for listening.

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