You're listening to You've Got This, episode 384.

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.

On this episode, I'm going to talk about my plans for a "Fill My Cup" week.

Now this is basically just a week that I plan to be especially mindful of the activities that I include that are activities that I think personally fill my cup.

Now I'm going to explain what some of these activities are and mileage may vary for you.

I bet you have different activities that fill your cup.

But this is the kind of week that I think is a great thing to build in if you're starting to feel some burnout or if you know you're in burnout, if you're tired from a long academic year or if you're just trying to bring a little bit of extra energy into your days.

This kind of thing I think can be really intentional and meaningful.

So for me, I feel like this is great timing because I've been playing catch up from being sick in late April and I'm all caught up now, but I've really been pushing myself and I'm feeling it.

Work has also been really busy this time of year as we wrap up the term and get through commencement and I was able to have an unscheduled day this past weekend and it was so amazing and I knew I needed a little more to fill my cup before the end of the month.

So I decided to choose this next week starting on Monday, May 20th and then running through Monday, May 27th because it already includes a planned vacation that I'm building into our Memorial Day weekend here in the United States and your timing for this kind of week may vary.

If you're feeling like you need a fill your cup week, I would encourage you to look ahead at your calendar and see where it fits best.

If you have like super busy weeks ahead, you might look out a little bit further and figure out when is the week where you have more flexibility to build some of this stuff in.

So what I did was I pulled out my calendar for the week of May 20th and I started to kind of look at each day and understand what's going on during the week and here are some of the things I'm hoping to build in based on just what my schedule is looking like for that particular week.

One is morning workouts every day.

I am back to my regular workout schedule now and it has been so great to just get back to that.

I'm not planning on really doing anything extra, but just having that time in the morning, usually about 45 minutes to an hour has been really nice before I start my days.

Looking at my schedule, I can probably fit in lunchtime walks twice during the week.

Now keep in mind this is a short week for me because I'm going to take the Friday off.

So of the four days that I'm in the office, two of those days I have lunch meetings where I can't do my typical lunchtime walk.

So on the other two days, I'm going to try to do a lunchtime walk and then on the days where I have lunchtime meetings, I happen to have a slot open in the afternoon without meetings right now that I'm going to try to hold for an afternoon walk.

So basically every day I'm going to try to get away from my desk and take a quick walk either around lunchtime or in the afternoon.

Looking at my schedule for that week, I think I can also leave work either a little bit early or on time at five o'clock.

Now you never know what's going to come up on my schedule, but if I can hold that kind of like four to five slot, I'm going to try.

And oftentimes I'll hold that slot just to kind of wrap things up at the end of the day.

So I think it'd be really nice if I could duck out a little bit early that week just to have a little bit of extra time in the evening.

I'm planning to do a takeout dinner one night that week.

I think that'll be fun.

And I'll talk with my partner about what he feels like doing for that.

And then in the evening time, I typically do read quite a bit in the evenings, but I'm also thinking of building in some evening movies or just TV watching.

I have been creating and creating a list of things that I've been wanting to watch.

And this is just stuff that's like built up over time.

I have not been taking a lot of TV time because I just give my time to other things.

But over time I've kind of built up this list, which maybe I'll share on the blog at some point of just the stuff that I've been wanting to watch.

And um, I want to start kind of like working through it.

So some of this stuff is probably things that my partner cares about and wants to watch with me, but I would bet there's some stuff on that list too that he really doesn't care about.

So I might try to build that into some of the evenings of that week.

Now I mentioned I have the two vacation days on Friday and then the following Monday that are unscheduled time to do whatever I want.

Now I have to say in terms of like filling my cup, unscheduled time is the ultimate cup filler for me.

Like it is so rare first of all that I have like a full day where I have no meetings, no appointments, nothing.

And I love to just kind of like have open time where I can have a longer workout.

I can just kind of like check things off my list.

I typically do things on those days.

So it's not like I'm not running errands or you know, checking off, um, content creation or something, but it is a day where I get to decide when I do those things and I don't have to set a timer to kind of like remind myself that I have different meetings and things throughout the day.

So I have found over time that unscheduled time, I think I've said before, it's like my love language.

Like I just, it's so, so, so filling my cup.

So I'm excited to have two of those days this week.

Also upcoming in this week is an already scheduled prolific readathon on that Sunday.

So this is an event that I host in prolific three or four times a year.

And I typically try to do it on a holiday weekend because that means people can carve out the Sunday and then still have a day, you know, the following day, um, for our folks who are in, uh, the United States.

I know we have people who joined that readathon from all over the world who don't have the holiday weekend.

Um, but for the folks who do have that holiday weekend, sometimes it's a little bit easier for them.

And the readathons in prolific are basically just, we come together in the morning and we tell the group what we're going to be reading throughout the day.

It's typically fun reading for a lot of folks, but sometimes it's work reading.

And then we just check in throughout the day and talk about what we're reading.

And it's super fun.

So I already have one of those scheduled on that Sunday.

So I know I'm going to get some reading in over that weekend.

I looked ahead at the weather and I think I can set up my hammock and get in some reading time because we're supposed to have some days in the eighties.

And in may, we did get a little bit of snow.

We also got hail as I record this, we got hail today.

Um, and it's been rainy and just kind of like up and down with the weather.

And I typically don't like to put my hammock out until it's a little bit more consistently warm, but I think those days are coming.

So I'm hoping to do that, um, during this week of filling my cup.

Uh, it is overdue time for me to get a haircut.

So I thought I would go ahead and get that scheduled.

Um, and I typically get my haircut at a place that is like two blocks away from where I work, which is super convenient.

So I'll probably go ahead and schedule a cut for Monday through Thursday of the week.

Um, and one of those evenings, I'll go and get a haircut, which will be really nice to get that done.

And then because I have those two unscheduled days, I thought I would build in a walk to my local library where I can just like browse for a while.

Um, my library is about five miles round trip from my house and it's all in like, I can go like neighborhood back roads to walk to the library.

And it's just a really pleasant walk.

Um, if there's some really nice sidewalks, people are often out like walking their dogs.

Um, and if I go in the morning, it's not too hot, uh, based on what the weather is going to look like.

So I'll probably build in a walk to the library so I can browse a little bit.

Sometimes when I have, um, time, like those unscheduled days, I also like to go to my local thrift store and just check out the books there as well and do a little bit of browsing.

So I expect to do some book browsing during this particular weekend.

I think that'll be really fun.

So those are some of the activities that I'm hoping to build into this fill my cup week.

And of course I would love to know if you want to build in one of these fill your cup weeks into your schedule, if you're feeling like you need it and what kinds of things you might include, you can always email me at hello@drkatylinder.com.

As you know, I always love to hear from you.

And if you are in need of filling your cup, I do hope you can build in some of those activities, whether it's over a week or a day, uh, whatever kinds of micro activities we can build in to give ourselves back that energy is always helpful.

Thanks so much for listening.

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