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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 want to share some of my strategies for doing an intentional reset.

Now I talked on the most recent episode about going through a health diagnosis in July and August.

And this was a situation that threw off a bunch of my habits and routines.

And if you've been listening for a while, you know I have habits and routines that really, really helped me.

So once I had a plan for treatment, I wanted to get back to more of a baseline of how I normally operate.

Now to provide a little bit of context without going into too much detail, I basically was having symptoms for about five weeks that were related to my gut and my digestion.

And I had to get a bunch of testing done and ultimately I got my colon biopsied to figure out what was going on.

And that helped me to get a diagnosis of something called microscopic colitis, which basically means my colon is inflamed in a kind of autoimmune response.

Now if you've never heard of this, the main thing to know is that it's treatable.

And for most people, it won't come back once it's treated.

And there also isn't much known about why this happens, so it definitely came on kind of randomly for me.

And once we knew what it was, I started medication for it and within a couple of days I was seeing really good results.

So knowing all of that, the next steps I'm going to outline for my intentional reset might make a little bit more sense.

When I start to think about an intentional reset, the first thing I consider is what needs to be reset.

So I want to be very targeted and what that means for me.

And in this case, I had disruptions in a bunch of different areas.

The first one was to my work schedule because I had to be more remote during this period.

I also had disruptions to my sleep, to my eating habits.

I was definitely eating more carbs and less often because eating was causing me to have some pain.

And I also had pretty significant disruptions to my workouts.

I basically stopped working out during this period because I had pain and I had fatigue.

Those are a lot of different areas to reset.

And so once I started to feel more like myself, I wanted to work on each one of these things in different ways.

So the first thing that was relatively easy for me to reset was my work schedule.

During this five week period, I was working more remote than I normally do.

I was doing like half days or full days remote as needed.

And this was a relatively easy one that just involved going back to the office five days a week full time, which is my typical schedule.

And I was able to get back to that as I record this in this past week.

The second area that I started to reset was my sleep.

One of the main things that happened during this period is I was not sleeping through the night on a consistent basis.

And I was also waking up very early in the morning.

And sometimes this was just because of pain, which I was treating with like heating pads and things like that, but I was not getting consistent sleep.

And so I've been sleeping through the night since I started this medication, which has made a huge difference on its own.

But I've also been sleeping more on the weekends, like sleeping in to try to make up this, this kind of sleep deficit a little bit as well as going to bed earlier during the week.

So I feel like my sleep has also been pretty reset.

Now for my eating habits, this felt like a tougher one for me.

I had completely fallen off my bulk food prep during this time because I was eating a lot less and I was also just choosing to eat things that kind of sounded good and that didn't cause too much pain when I ate.

I also developed a bunch of food aversions in this period and a lot of things just did not sound good to me that I would normally be eating.

So I was eating more of a liquid diet of like tea and water, protein smoothies, popsicles, miso soup, because that was helping me to manage some of the pain that I felt when I was eating.

Um, and so this whole area needed a complete reset.

So what I decided to do first was to start to eat more consistent meals because I had not been doing that for several weeks.

I didn't worry so much about what I was eating, but just that I was eating again consistently.

So for the first week of this, we actually ordered a bunch of Chinese takeout so I wouldn't need to cook and I ate mostly like fried rice and sesame tofu.

I was really focused on consistent meals and also getting in just a decent amount of calories after a period of time where that was really hard for me to do.

Now the next step of course is to build in more nutrition.

So I decided to start bulk food prep again with the soup that I normally make.

I've talked about this in previous episodes where I just have a bunch of vegetables in the soup.

It's, it's really well with me.

And this is something that I can make in bulk and have for my lunches.

And I also started to have regular protein smoothies that have about 15 grams of protein mixed in with fruit and also just a bunch of other things that are good for me to have too.

So these cover my breakfast and my lunch.

And then for dinner, I've been eating like a mix of carbs and protein, usually in the form of like tempeh and some rice and veggies.

So these are really easy meals for me to prep and they're giving me more nutrients.

But one of the helpful things for me, which I know doesn't work for everyone is I eat the same thing pretty consistently because it just gets me into a routine again.

And so that's what I've been doing lately.

Now the last area of my reset is my workouts.

So for the majority of this year, I have been working out daily through a mix of cycling, walking, rowing, yoga.

And I had to stop all of that for over a month.

This was super hard for me because I've really gotten into a good rhythm with my movement practices.

And also it helps me to manage stress.

Like there's just so many good benefits from regular exercise, but I also just did not feel up to doing it.

And I didn't have the energy to do it.

And because I had a lot of pain kind of in my abdomen and like my muscles around my core, things like rowing, it just like wasn't the best thing for me to be doing.

And so I had to really step away from that.

So to ease back in, I started with the bike and walking first, and I set some minimal goals just to kind of get back on track with more consistent workouts and decided to try to get back to my more normal schedule one September start.

So that's kind of the full reboot of my movement practices.

But that means that I've had about two weeks to kind of ease myself back into a schedule, make sure I wasn't overdoing anything because I was obviously I had built up to a consistent amount of exercise that just completely dropped off.

So I wanted to be careful that I wasn't going to injure myself as well.

Now that's a lot of things to reset at the same time.

But thinking through each one, listening to my body and what it has been capable of doing, and then taking things as slowly as I need to have all been really, really helpful steps during this process.

Now when I first started thinking about this reset period, I also made a list of what I call reboot activities and they included things like hydrating more than I might usually do, getting caught up on some household chores that had kind of fallen off like laundry and like regular cleaning up my kitchen and things like that.

I do believe that outer order leads to inner calm.

So that one was an important one for me.

Adding in more meditation and yoga for things like stress management, starting it back to more walking because I felt like I had the energy to do that now, obviously more sleep, and then starting the transition to eating more protein and other nutrients that I had not really been getting into my diet.

And so having this list that I could kind of refer to on a daily basis and be thinking really intentionally about how I wanted to build these things in has been really helpful.

So aside from the medication I'm on that is making me feel much better, it's also felt really, really, really good to get back to this baseline of habits and routines, especially as we're entering into a new academic year.

And I just felt like I really needed this kind of intentional reset.

Now of course I would love to hear how you engage in an intentional reset when you need one.

Please email me at hello@drkatylinder.com to tell me all about it.

Thanks so much for listening.

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Thank you. (soft music)