You're listening to You've Got This, episode 418.

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 wanted to share some of my favorite Start the Week rituals.

Now, if you are someone who's looking around on social media, you're often going to see people talk about Sunday scaries.

I think it's even something I've talked about on the podcast before, which is basically like you're kind of dreading going into your week.

I have tried to really find different kinds of habits, routines, and rituals that help me to look forward to what I'm going to be doing in the upcoming week and also help me to feel like I have closure on the weekend before I dive into all of what's ahead of me in the upcoming week as well.

I thought I would share some of these rituals that have been really helpful for me and see if maybe there's something here that you might also want to embrace as well.

The first one is one that I typically will do on maybe a Sunday evening after I've had a long week of work, a long weekend of work.

I will do what is called an everything shower.

Now, if you are on social media, you probably know what this is, but when I mentioned it to my partner, I think this is also kind of like a female gendered thing as well.

He's like, "I have no idea what you're talking about."

If you have never heard of an everything shower, this is basically one of those showers where you just do a lot of extra self-care.

You take your normal shower that you might take in the morning or whenever you shower, but you're also doing clipping your nails or doing shaving your legs or other kinds of things that would be kind of like self-care for you.

Maybe you're doing a facial, maybe you're doing an extra deep conditioner in your hair, whatever the things are that take a little bit of extra time that you don't do on a regular basis, but that you would consider to be kind of like that deeper level of self-care or maintenance.

That is what you put into an everything shower.

You could layer in if this is like a bath for you, like a bath bomb or a candle or something that's going to be a little bit extra, but the idea is you start completely fresh as you're going into your Sunday evening or into your Monday morning.

What I have found is that it's just challenging to do an everything shower in a weekday because I'm rushing to get out the door.

I've got all these other things I'm trying to do, but to do something like that on a Sunday night is so relaxing.

That is an amazing ritual to have.

The next ritual is definitely some level of weekly planning.

Now, I am fortunate enough that I chose to design an event in my online community called Prolific where we do weekly planning every Sunday evening.

This kind of jogs me to think about this on a regular basis.

We ask different reflective questions every week, so it kind of rotates into all these different areas, but we'll ask questions like, "What is the quiet part of your week and what is the busy part of your week and how does it impact your planning?"

We'll ask questions like, "What level of interaction do you want to have with the media this week?"

There'll be questions like, "How are you going to build in rest and recovery time into your week?"

There's all these different kinds of ways that we think and reflect about the week ahead.

Then obviously we build in time during that planning session for people to just look at their tasks and their lists and their calendars and figure out what they have that they're trying to get done.

Having something like this where you can just focus on the week ahead and think about each day individually and what you have going on, sometimes I can barely even look at the day ahead of me.

Taking a week's view is really, really helpful as you're looking at the week ahead.

Tied to this is, I think, another ritual for me is choosing my top three priorities for the week and then blocking time accordingly for what I'm trying to do.

You may think, "I have so many more than three priorities."

Of course, there's a million things that we're trying to get done every week, but you might look ahead and see maybe there's a family member's birthday that you really want to prioritize or maybe there's a project that you're trying to get completed and checked off your list.

There's lots of different ways to think about this prioritization, but trying to think about what are the three things that you absolutely want to make time for in your week and in your calendar is really important.

The other angle of this weekly planning is also a ritual where you set an intention for the week.

This might be a word or a phrase that you're reminding yourself how you want to stay motivated or how you want to frame your week in terms of a theme.

I might look at a really, really busy week and choose a word like focus.

I need to just stay focused and move through things despite whatever else is maybe coming in and trying to distract me.

Focus is the intention I'm setting for the week.

Right now, I'll say with everyone around me, I feel like everybody's getting taken down by the flu or laryngitis or all kinds of other things.

My intention for a week might be focus on your health, get a lot of rest.

Even in the midst of a busy time, I want to make sure that I'm staying well.

Setting an intention for the week is another ritual that I find really helpful.

Something else that has been a really important ritual for me each week, and I typically do this on Saturday, sometimes into Sunday, is food prep for the week.

I try to keep this really simple.

The main thing that I'm really prepping is my lunches.

I have a breakfast set of things that I normally do.

Right now, I'm very into a protein smoothie recipe that I've been using.

Sometimes I'll do some Greek yogurt and fruit or something like that.

That's taken care of.

For lunch, I typically rotate back and forth between a couple different things and I just bulk prep them on the weekend and I have them all week long.

The main thing I'm trying to focus on with the lunch is something right now in the winter time, something that's warm and something that has good amounts of protein in it.

Sometimes that is a soup that I add tempeh into or it's right now this past week, I just made this pasta recipe that has a lot of vegetables in it and tempeh as well.

I don't really worry about dinners.

I have things I can cobble together, but the lunch part of just literally getting up in the morning and knowing exactly what I'm taking into work and not having to worry about it, and then having that warm, nutritious, comforting lunch in the middle of the day is something that's really nice for me.

The next start the week ritual that I wanted to talk about is working ahead.

Now, if you happen to have the time to do this, and not everybody does, and I completely understand if that's where you are, but if you have a free hour here or there or if you have a slow Monday morning, it's really an interesting thing to look at your upcoming week and think about how can I prep the meeting that's happening on Thursday, or how can I cross off that thing on my list that I'd scheduled for Friday afternoon and that might allow me to knock off early for the weekend.

So just looking ahead and seeing if it's possible to work ahead I think can be nice.

And also every once in a while, I will get a windfall where a meeting will get canceled, and I will use that time to try to knock off a bunch of other stuff on my list.

So sometimes that's just a gift that I try to give to my future self.

Now the other thing, kind of speaking of working ahead, is I really like to have a light meeting Monday.

Now, I can't always pull this off, but right now in the schedule of kind of what I have on my plate, every Monday morning I have a two hour kind of cabinet level meeting with a bunch of other leaders.

And usually the time before that meeting starts, I try to leave open and then that kind of gets me to like midday.

So basically I have like one meeting in the morning and then sometimes my afternoon is blocked with several.

But it's a lighter morning that allows me to kind of orient myself to my week and go in and have this kind of engagement with other leaders.

And I think that that's something that's really helpful if I can start my week in kind of a lighter way that allows me to ease into my projects.

I find that I really appreciate that.

And then the last favorite start the week ritual for me is definitely doing a Monday workout.

Now I work out most mornings.

This is just kind of my movement practice right now, but it's especially helpful for me to do it on Monday morning because I find that if I don't do it on Monday, the rest of my week can kind of slide a little bit in terms of that practice.

So I'm in the middle of doing this like 5k plan through Peloton and there are four workouts a week and I always start the first workout of that week on Monday.

And then I'll do it like Monday, Wednesday, Friday, and then Saturday is like a walking workout.

And what I find is just starting the week where I'm getting my body back into, you know, that kind of running cadence, um, is just energizing.

Like it just feels so much better to have that as the kind of the kickstart to my week.

So these are some of the things that are working for me right now in this particular season as I'm thinking about how I want to ease into my week.

And I would love to hear if there are particular start the week rituals that are your favorites right now.

You can always email me at hello@drkatielynda.com.

I always love to hear from you.

Thanks so much for listening.

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