**YGT episode 140**

[00:00:00] This episode is brought to you by seven weeks to radical self-trust my new group coaching program designed to help you to develop a consistent practice of purposeful actions rooted in your capacity for steadfast self awareness and self loyalty through the program. You'll develop self Knowledge and Skills that will lead to an alignment of values with actions Clarity of Direction and peace with decision-making increased self-confidence and self acceptance magnetism energized focus and meaningful productivity.

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I'm your host. Dr. Katie Linder. On this episode. I want to talk about finding [00:01:00] strength and this is something that has come to mind for me for a couple of reasons. It's one I think is this is kind of the time of the year where people are starting to flag a little bit. They're starting to look toward the summer.

They're starting to wonder. Can I make it through the rest of the term? But also I've been talking with some of my coaching clients lately about just being in some difficult situations and sometimes these are situations that they know are coming like maybe. Something to do with a family health situation or they have a difficult project that is kind of been added to their plate other times.

It's a situation that maybe they didn't know was coming and they're having to really look for strength in places where maybe they didn't expect to find it in the past. So what I wanted to talk about in this episode is specifically how do you find your own strength? When you're in a situation that feels just really difficult or challenging and I want to talk about this from [00:02:00] three perspectives your physical strength, your mental strength and your emotional strength.

So when it comes to your physical strength, when we're under extreme amounts of stress, it is really important to take care of our physical bodies. And unfortunately, this is the part. I think that goes to the Wayside super quickly. Particularly because maybe we're looking to convenience Foods or we don't feel like we have time to get good sleep or exercise and things like that.

But I think that when you're trying to find strength it kind of in some ways starts with the physical because if you're not getting enough sleep, you're not eating right? You're not moving around at least a little bit. It does start to impact you mentally and emotionally and sometimes you can use things like taking a walk to impact your mental and emotional strength as well.

So I think that finding strength starts with trying to get sleep if that's a possibility trying to be pretty good with your nutrition and especially your hydration making sure that you're getting enough water to [00:03:00] drink and then the other thing I think other than kind of just moving around taking walks is trying to build in some play some fun and some laughter and this is something that can be challenging during difficult times, especially if you're just not.

Feeling like fun and you're feeling weighed down by some kind of issue that's going on in your life. But this is where I think friends can come in where a funny television show or movie or even a podcast. You know, that kind of gets you laughing a little bit or Steven smiling to yourself. That's a way of kind of reminding yourself that you're still in there.

Even if you're dealing with this kind of difficult thing, you know, you're kind of core self that can react and be positive. Swayze is still there. So the next part of this is the mental game of finding strength, and I think that this is a little bit about just kind of talking with yourself a little bit.

I think it [00:04:00] has to do with pep talks and positive self-talk when we're in challenging situations. I think sometimes our default is to go into kind of a negative self-talk mode. Like I'm not gonna be able to do this. I don't feel like I have the strength to kind of carry on with this. But if we can say to ourselves more positive messaging like this is only going to happen for a short time.

I know I can get through this because maybe I've gotten through this before or I'm going to stay strong for others around me so that they can kind of get through this in a way that feels good to them. You know, like there are lots of ways we can kind of talk to ourselves to assure ourselves up within a particular situation.

I also think it's helpful. If there is a kind of larger y to the situation of you know, you're going through this difficult thing for a purpose and if you can tie a purpose to it. And that may be kind of a stretch but if there's a way to do that, it can be useful. I think particularly at the end of a [00:05:00] term when we're like challenged by all the things on our plate were juggling, you know, multiple projects were trying to grade where you know, all those kinds of things a larger y kind of reconnecting back to why we do this work can be a helpful thing to find strength in those moments.

I also think for kind of the. Increase mental strength connecting with friends or family talking about, you know, if you're having a difficult time connecting with people who may be going through a similar situation to is really important to see how other people are coping with it. And I also think in terms of finding mental strength try to make your life just as easy as possible.

I mean you want to be careful about cutting Corners when it comes to your physical health. But other than that, I mean it's like, you know do the best you can to remove things from your plate to not have to worry about things. You would typically have to worry about ask for help. You know, those kinds of things can really help to alleviate some of the normal stress you'd be dealing with so [00:06:00] that you can get through a higher level of thrust in another area.

Now when it comes to emotional strength, this is something that I think is also really important to consider and everyone's emotional strength is going to look a little bit different. So what I want to be clear here is I don't necessarily mean with emotional strength that you're not showing any kind of emotion.

I definitely think that when you're trying to be strong, you know, especially for yourself or for other people that could mean for some people looking a little bit stoic and not kind of reacting. But I think that sometimes emotional strength is realizing that we are complicated beings. We are very complex and it means that you can feel lots of emotions at the same time.

So for example, you can be strong and you can also be scared at the same time and that's okay. It doesn't mean you're not as strong. If you're also feeling fear or you're thinking that something may not work out in the way that you want. You can have both of those feelings at the same time. [00:07:00] I think it's really helpful to remember previous tough times that you may have gone through and what you did to cope through through those things the strength you had to cope through those things knowing that the situation you're in right now is going to be better eventually and that it will resolve itself in some way and you will be able to cope with that when that resolution comes and also I think reading watching listening about others who have been in situations where.

Really practice resilience and can become model or they kind of demonstrate different strategies can also be a way of finding emotional strength and a difficult time. So these are just a few examples of things that I think we can be thinking about and of course the spectrum of what. I'm describing here is difficult is huge.

I mean, it can be anything from you know, I'm struggling with a difficult project to I have had a [00:08:00] close family member who just passed away. I mean it this is a huge spectrum of things that people I know recently have been dealing with and so I think we're all going to deal with these things in different ways.

But I think that focusing on finding your strength is a big part of what I've talked about previously as radicals. Trust knowing that you are going to be able to get through this and it's not necessarily going to be ideal. But you are strong enough. You are someone who can cope with us and who can help others to cope with us and you can always find strength.

Also in asking for help because that's one of the most kind of courageous things. I think the people can do. So if you find yourself going through a difficult time, I am here. I am wanting to support you. I know that this can be a difficult time of the year. So I hope you are finding strength. I would love to hear if there are other strategies you're using during difficult times [00:09:00] that I can pass along to helpfully help others as well.

You can always email me at contacted. Katie Linder dot work. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram @ KD underscore lender, or you can always write me a letter at Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one. Thanks so much for listening to this episode.

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