**YGT episode 177**

You're listening to. You've got this episode one 77 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 talk about the concept of dreading versus doing, and this has really been on my mind lately because as you know, from a couple episodes back, I set some fitness goals for this coming year and, um, I can update that.

They have already shifted. Um, in part because I have not had access to the equipment that I normally would have access to. Um, and also I found out about some free programming on my new campus that will allow me to do some yoga classes and things like that during my lunch hour where I won't need to join an actual yoga studio.

And I started this new strength training regimen, um, which is getting, uh, me, I think just. More strong all around in terms of what I need to be doing with my walk run plan with the yoga. And I hadn't really planned on doing the strength training plan. It was something I ran across, um, over the course of like following people on Instagram and, and several people I know are doing it.

And so I decided to jump in. And I will link to this plan in the show notes for people who want to take a look at it. Um, but basically it involves doing circuits of exercises and you do a couple different circuits repeated. You do four total, and you're supposed to do each circuit in about seven minutes.

And then. You repeat each of them a couple of times. So you end up doing a little less than 30 minutes of these circuits and you do them three days a week, and then every day, Monday, Wednesday, Friday, they change and every other week they change. It sounds very complicated. There is a kind of visual guide that you can print out to kind of follow along and make sure you know what you're doing.

Um, but I decided to do this. And, uh, it basically killed me the first day and I realized just how out of shape I am, which I knew, I think deep down, um, but hadn't really admitted to myself. So, um, I realized though, through this process of starting this new workout regimen that I had just been dreading the idea of doing it.

And. As the day got closer and closer that I was going to start doing it cause I decided to launch it on a Monday in alignment with the plan's schedule. Um, I just realized how much I was putting negative emotions around it. And a lot of that for me was coming out of . Fear also coming out of a real misalignment between how I view myself, which is not as an athlete and not as someone who does kind of hard physical things.

And also just fear that I would injure myself, that I wouldn't be able to do it, that I would give up, that I didn't have the consistency to follow through. Um, and I do see myself as someone who's a disciplined person. So to think about wanting to do something and then not being able to follow through with it is a real hit to my ego, to my personality, to my identity.

So all of these things were kind of rooting this situation in dread. And, um, I think that it was this underlying thing that the closer it got, the more it came to the surface. Now this is so not good. Um, and, and I was thinking about it so much and thinking that it was such a useful thing to podcast about because there are so many things I think that we have in front of us that we just have this feeling of dread about.

And I think it's for some of the reasons I've mentioned, maybe we're afraid. Maybe we feel like we're not the right person to be doing that thing or we're, you know, wanting more time to prepare for it or we are kind of procrastinating something cause we don't want to dive in. I think that this can tie to things like working out.

I think it can tie to things like new job responsibilities to writing projects that feel really scary or other kinds of creative projects, even to like boring tasks that were just like putting off and putting off, and I podcasted way back like years ago about how these things get built up in our minds and they just increase and become kind of monstrous for us when they're really not that big of a deal.

So I wanted to talk about this particularly in relationship to this workout situation because what I basically told myself was, you can dread doing this or you can just do it. And I think for the things that we have in our lives that we know we want to do, this is not about stuff that we could actually decide.

This is uncomfortable for me and I'm not going to do it because of that reason. Like there are certainly things that I have taken off of my list completely, or I've decided that it's just not the right timing or for whatever reason, I don't want to do it, and so I can remove that if I want to. But if we're talking about those kinds of things that we don't want to remove, we actually want to move forward.

We want to commit to either a workout or a writing project or even a relationship, whatever it may be. We have to kind of make that commitment and I think shift our mindsets so that we're not just reading that thing. So when it comes to these workouts, what I'm trying to do is number one, have some consistency so that I know when I'm doing it and I know exactly what I'm supposed to be doing.

I recently read, um, parts of James clears atomic habits for the prolific reading group that we have going on for the month of January. And he has a really great tip of, if you're trying to schedule a habit. Give it a time and a date and a very specific place that you're going to be doing it. And so this is something I've done with these workouts.

I've put them into my calendar. I have a very specific time and date and set of activities that I'm supposed to be doing because of these circuits. And it's allowing it to be really concrete in my life. And that's something that I think that when you're dreading something or when it feels kind of abstract or scary, you have to make it as concrete as possible.

I've also really been kind of trying to point out to myself when I am dreading something, when I can feel myself kind of having that feeling of dread. Because dread is just such a wasted energy and the worry and the anxiety or the stress over something that maybe we can't control or it's going to happen anyway.

What is the point of doing all the dreading? So if I'm scared of something and I'm building it up in my mind as being, you know, not a good fit for me, or I'm not a good fit for that thing or. What if this happens or what if that happens? You know, this, this is all energy that could go to other things in my life.

It could go to actually doing the thing that I'm dreading instead of just sitting there dreading it. I also been using the trick of, I don't have to do this. I get to do this. This is a choice that I'm making. I definitely feel like, you know, now these exercises that I'm doing are probably a lot easier for me than if I tried to do them 20 years from now and I would rather build up the strength.

Now then wait 20 years and have a much more difficult time when I'm less flexible when I have, you know, less muscle mass or whatever. Like now is the time to really be kind of digging into this and I'm really trying to look for the positive of it. The fact that I can get through these workouts, even though I feel like by the end.

My legs are jello. I'm totally reminded of how much, uh, I am not fit. Um, but I keep thinking about the future and what this is going to allow me to do in the future. That I am going to see benefits of this over time. And anytime you start to do something difficult, it's going to feel hard. Now, this reminds me of a second book that I was reading recently, which is one by Twyla Tharp, who is a choreographer.

And she has a recent book that just came out called keep moving. And she talks about how her physical fitness and, um, how she moves has really changed over the decades of her life. And one of the things she talks about in this book that really spoke to me was if you are constantly kind of upping your game in terms of your goals.

Things will feel hard because it means that you're going to have to, at certain points of your life, start over from somewhere that feels kind of like scratch that. You're going to start something new, you're going to learn something new, and you're not going to be an expert at that thing right away. And this is something I've really been applying to this particular situation with these workouts.

I'm starting something new. It's hard in the beginning, but even after just a few of these workout sessions, it feels like it's getting easier. My body is getting used to it. It is not so shocked that I'm doing this thing and, um, the soreness is starting to go away. I'm starting to feel more energized throughout my day.

So I'm starting to feel those benefits already and I need to kind of remind myself that if I try something that is different or new, it's going to feel hard and it's okay that something feels hard. That's not necessarily something to dread. It can actually be something to look forward to because it means that you're trying something new in your life.

That could be really interesting. So I also wanted to mention, because I think that, um, this is also something that's really applied to this particular situation for me is when I am feeling lots and lots of dread and it's feeling kind of overwhelming for me, I will check in to see if I am needing sleep or if I'm feeling dehydrated.

Sometimes I'll have a glass of water or I'll take a nap. Because I think that when we are dehydrated or tired, things just automatically feel harder. And, um, as you all know, I think going through this transition of moving from Oregon to Kansas and changing jobs and trying to juggle a lot of things in the meantime and adding in a new routine and something that feels kind of hard in the midst of that.

Is maybe not ideal in terms of the timing. I feel strongly that I need to do it anyway. And so I am, um, because I want to kind of ride the wave of the new year, and this is part of that for me. But I also recognize that, you know, if it gets to the end of the day, and especially on like a Sunday night, after a long week when I'm really dreading getting up the next day and doing the workout.

I really need to put that out of my head because I'm tired and I need to just have a good night's sleep and not worry about what things are going to look like the following day. Now, the other thing that I want to promise you that I have learned from this experience of engaging in these workouts is it is never as difficult as you think it will be.

And especially with things like the circuit training, it is literally 30 minutes of my day. This is what I keep reminding myself, and then it's over and then it's done. And I feel that accomplishment of having done the circuit training and I feel really good about it. And I can move on until a couple days later when I have to do it again.

And even in the middle of doing some of these exercises, um, and the ones in particular that are really, really challenging for me are the burpees, which if you know what those are and you've ever done them, you know, they can be kind of intense. And, um, basically I'll be in the middle of doing them and I will just like smile and laugh to myself because I know I probably look kind of ridiculous.

I know that my. Integrity of holding that particular exercise is not good, but it's going to get better over time. And I think we have to turn some of that dread into humor, into positivity, and into kind of a realistic picture of what this actually looks like for us to try new things and start from scratch in areas in our lives where we need to build up something over time.

So I hope that this helps you think through this concept of dreading versus doing, and if there's something that you've been dreading, I hope it gives you a little bit of motivation to cross that thing off your list or to start that new habit or to kind of turn something that's feeling really negative for you into something that can be slightly positive.

So I would love to hear if you are doing this or trying any of these techniques in the new year, you can always tweet to me at Katie double underscore Linder. You can connect with me on Instagram at Katie underscore lender. You can write me an email@helloatdrkatielinder.com and of course, as I mentioned on last week's episode, I am back with my PO box, so you can always write me a letter here in Kansas.

At PO box 1973 Manhattan, Kansas six six five zero two any way you contact me, I always love to hear from you. Thanks for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie linder.work/podcasts if you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

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