**YGT episode 188**

You're listening to. You've got this episode one 88 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 thought I would talk about the concept of regrouping because this is something that I find myself doing on a regular basis now, and even to the point where I looked up the definition and the definition of regrouping, or at least one of them is to reorganize as after a setback for renewed activity.

Now. Sometimes I find myself regrouping on a daily basis, sometimes multiple times a day. But I thought I would talk about some of the strategies for regrouping that have really helped me to kind of get myself back on track if I feel like I'm distracted or kind of falling off of my productivity or just needing, you know, to come back from a period of rest and kind of get back into work.

And while I'm certainly not advocating. Overworking or you know, really high expectations for our own productivity. I am acknowledging that I do still have a full time job and I do still need to get things done. And even on days that are feeling kind of tough, I've got to kind of find a way to regroup and, you know, get the things on my to do list ready to go.

So here are some things I think that that are working for me right now, and maybe they will work for you too. I would also love to hear your strategies for this. So my first strategy for regrouping is right now I love a good grocery pickup and we are a, my partner and I are doing grocery pickups at a couple local stores.

We usually go every few days to make sure that we're getting produce. And because of the timing of this is still not really a science for us. Um, sometimes it takes us a couple of days to get something scheduled and we're just trying to make sure that we're not running out of things. And after I do a grocery pickup, it just feels really good to have fresh vegetables in the house to be able to do some food prep.

So I feel like that's one way of regrouping is just to feel like I have, you know, resources at my fingertips to eat a salad if that's what I want to eat, or just eat something that feels familiar to me. Another way that I'm regrouping right now is choosing three things to focus on each day. And I've been posting these in my Instagram stories using a template from Elise joy Cripe.

Um, who is the person who created my get to work book planner, and she has these templates available on her Instagram stories, so you can go find them there. But I think that, um, the thing that I'm really emphasizing when I'm choosing these three things. Is, I'm not really going like pie in the sky. What are the three things that I like really want to get done?

Sometimes I'm choosing really little things, like putting in a load of laundry or doing the dishes, or choosing my next audio book that I want to listen to or watching a movie. Um, other times it's related to work. Like I might list that I have five zoom meetings that day that I'm working to, um, complete.

But I think that I, I've really learned with those. Three things to be very reasonable with myself about what I actually think I can get done during that time period. So that's something that's been working really well for me. I've also found, as I mentioned in those three things, examples that I, sometimes I'm kind of regrouped by cleaning a small area of my house.

So you're going to see kind of a pattern here of like reasonable expectations. So rather than be like, okay, this weekend I'm going to clean my entire house. You know, I don't ever do that. I might say, I'm going to clean one room, or I'm going to wipe down all the countertops in the kitchen or in the bathrooms, or I'm going to fold a load of laundry that's been sitting around.

Um, you know, those kinds of small things and micro actions are really helping me to be like, okay, you know, I'm kind of getting back on the pathway of, of doing something that feels productive. So cleaning a small area of my house has been really helpful. I have also found recently for me that I really struggled, and I talked about this a while back about doing kind of the regular exercise, um, plan that I had, which was primarily running and strength training.

And I think in part it was because I really saw kind of a hit to my executive function, um, when all of this started with Cova 19 and I was using a lot of my executive function just to kind of get through the day. Um, and so I didn't really want to do a lot of extra, and I pulled way back on my exercise plan, but what I started doing instead was yoga.

So I had this goal this year of getting into yoga, and I finally got into it, but I'm doing it one pose at a time. So I found a series of videos on yoga with Adrian, which is a free YouTube resource, and she has a playlist called foundations of yoga where she basically takes you through one pose at a time and really emphasizes how to do that pose with integrity.

And for me, that has been a great way to regroup because I'm not having to do a ton of focus on a long sequence of yoga poses. I can just do maybe two or three poses at a time in the morning. And then I feel like I'm learning something. I'm um, getting in some movement, but I don't feel like it's overwhelming.

And I think right now, if I was trying to push myself to do, you know, some kind of intense running workout or strength training workout, it would just feel like too much and I would feel a little bit overwhelmed. So in order to regroup, I'm doing some movement, but I'm also doing that movement in a way that feels really manageable for what I can do right now.

Um, I think could been obvious one for regrouping, but I don't want to leave it out is taking a shower. And this is something that I am still kind of getting ready for my Workday every day. But I can imagine that some of you listening, depending on kind of what your situation is, if you don't have to be on video, you know, or you're, you're dealing with your kids or you've got other things going on, like maybe you're not kind of regularly doing.

Uh, what you would've done if you were leaving the house every day to go to work. Um, and I totally get that. At the same time, I feel like that is something that for me is a way to kind of reset and allows me to kind of regroup and think about, okay, I'm starting fresh. Um, and so showering is something, and kind of getting ready for the day is something that's really helpful for me.

Um, I still do rely on making a good to do list, and I see this as different than the three things that I'm putting on my Instagram stories each day. Um, like last weekend I had more than three things that I wanted to get done, and it was just stuff that was kind of on my mind. And so it was helpful for me to just write it down.

And I got through a good chunk of this stuff that was on that list. There's still probably three or four things that are hanging. Hanging out there. Um, but I think that it was just a nice way to kind of do a little bit of a brain dump onto a piece of paper and just kind of articulate for myself what's on my mind right now in terms of things that I'd like to get done.

So that's a way for me to regroup is just to kind of say, what's on my plate, you know, for this week. What are some things that I want to be focused on? The other thing that I found to be really kind of fun to do. Right now, I'm in limited quantities. So this is not something I'm spending a ton of time on, but I do find it kind of fun is to brainstorm around big goals and to think about goals that might take, you know, two or three years to complete.

And I think the part of the reason I'm thinking about this now is because I have gone through a period of time where. I have done kind of a lot of big things. So I did my coach training, which took a year. And, um, I've been working on my business, which has taken several years, and I worked on my coach training program, which took quite a bit of time.

And I think I'm kind of starting to feel the need to, to think about my next big project, and I'm just not really sure what it's going to be yet. So it's been fun for me to just kind of. Think about that. I'm not necessarily writing anything down. I'm not doing a lot of like really technical planning, but I'm just starting to think about like what could be the thing that I want to focus on next.

And just playing around with some of those ideas has been a nice way to think about, um, next steps and kind of, it gets my brain kind of moving in a creative direction, which is always a good way for me to regroup. So, another thing that I've been doing recently is thinking about how I can tackle a project that feels really meaningful for me.

And, um, there's many projects I think that could take me in a direction of meaningful work. But one of the ones that I'm returning to is, um, the accreditation of my coach training program. And this is something that I'm kind of slowly building up the documentation for as I'm facilitating the coach training courses.

And, um, I, it's just been a helpful thing for me to think about. It's, it's something that I spent a lot of time on when I was first kind of launching the website for this program and getting a lot of the details together. But then there was the launch itself and I was really focused on kind of facilitating the first round.

And now that we're getting close to enrolling the second round for the coach training, I feel like I'm starting to kind of turn my attention back to the administration of the program as a whole. And so that's been something that's been interesting for me to focus on and as, as just something that I, it's a project I really believe in.

It's something that I really care about and it allows me to have a little bit of a distraction from some of the stuff that's going on at work. Um, which can be very focused on coven 19 right now. Yeah. And a lot of decision making around that. So it's kind of nice to kind of shift my focus and to move it into another area.

And that allows me to group group a little bit as well. Okay. Just a couple more. So one that I found really helpful, but again, it kind of limited quantities. I feel like you might be hearing a pattern here of like, I'm kind of skipping around to a lot of different things and at least for right now, that's what's helping me.

Um. It might be a little bit scattered for some of you, but for me, I felt like I really needed to kind of have a lot of different options in front of me for what I could choose to do. So some of those options are definitely escapist, and by that, I mean I'm really trying to give myself a complete break from the current reality and escape into another world.

So reading is definitely a way of doing that. Um, I've been doing audio books and novels and some nonfiction as well. And also my partner and I, in the month of April, as I record this, we've been watching all of the star Wars movies or three movies in. And, um, this is something that I think has been really.

Helpful to me in a way I wasn't expecting, because star Wars, as you may know, is very much about world building. And I had never seen the star Wars movies before. It's kind of shocking, but it's true. And so it's, it's allowing me to kind of go into an entirely different world. And I think there's so many options for how to do this.

Like, um, you could think about the Lord of the rings movies or the Harry Potter movies or star Wars for sure, but there are these different kinds of worlds that you can just kind of immerse yourself in. And I really enjoy that. I think another option of doing that is something like video games, um, or even puzzles.

I've been working on a puzzle and have really been enjoying that as well. The other thing that I think is really fun, um, for regrouping right now, and I've done this in a couple of different ways, is reorganizing part of your house or like your furniture. And so one way I did this, um, was in my office. I completely shifted the angle of my desk.

So now I have a better view out the window and I'm kind of up against a blank wall when I'm on video, when I'm coaching clients or when I'm presenting. And, um. Rather than having kind of a lot of, kind of a messy bookshelf behind me. Now I have a blank wall behind me. So that was one thing that I did that I really enjoy the kind of angle that my desk is at now, because now I can see the door to my office, I can see the window on the other side.

So that's been really nice. And then the other thing I did last weekend, which was super fun, is, um, my partner and I have not been sure about how we want to use one of the bedrooms in our house because originally we had planned to have it house. Uh, my treadmill. And have it be kind of a gym. But then my treadmill wouldn't fit because of the angle, um, of this hallway.

And we ended up having to kind of re do where we thought things were going to go. And basically it left us with this extra room. And so I had this idea because I've been practicing yoga recently to make it into basically a yoga space. So it's basically empty that I have my yoga equipment in there. I have some yoga blocks and some straps that I use, and I'm like, uh.

A circular, I don't even know what it's called. I don't even know the equipment. Um, but this, this thing you can use to kind of support yourself in different yoga poses. I can link to all of this in the show notes. Um, but then I also have a place where I am storing, um, some of the books that I have that are about yoga or contemplation and, um, some candles and I put a, uh, whiteboard down there and a chair in this.

Space. Um, and I shared about it on my Instagram stories, so you can always go there. There's a save story called yoga if you want to see this yoga space. And it was just really fun to have like a little project that I could tackle and I was able to do it in a few hours and now I can go down there and practice yoga.

And it's a really nice, quiet, bright space that I can use in the mornings before I head off to work. So I think that all of these ideas, kind of the, the hope is that it's anything where you can create a fresh start feeling where you're just kind of like, okay, I'm tackling this again. I'm trying to be renewed so that I can kind of come back and tackle what's in front of me with renewed energy, renewed focus.

And I think that there are probably just infinite ways that this could happen. So I hope you'll also share with me some of the ways that you're regrouping right now, and also, I hope you'll give yourself permission to regroup as often as you need to. Like I said, sometimes I feel like I'm doing this several times a day just to get myself into the right head space.

So I would love to hear from you. You can always email me@helloatdrkatielinder.com. You can also tweet to me at Katie double underscore Linder, or connect with me on Instagram at Katie underscore, lender. Any way you contacted me, I always love to hear from you. Thanks for listening.

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