**YGT episode 200**

You're listening to, you've got this episode 200. Mmm. 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. In this episode, I want to talk about reflection because we are in such a strange time right now, where time is passing for some of us really quickly.

Other others of us it's passing really slowly. And I've also heard some people say it's like this time during the pandemic, doesn't count somehow. Like we're outside of time as we wait for this period to be over. And for me, that just makes me feel like there needs to be extra reflection. I've really been, um, dedicating myself to my morning pages.

Yeah. Really trying to think about the actions I'm taking right now and why and how they are allowing me to grow, change, um, be better over time, um, and how I can kind of Institute certain practices and routines during this period that are going to be for the better, and that I'm not going to kind of regret them later on.

And so what that has really meant for me and actually for a lot of my coaching clients is thinking through what are some questions that we can ask ourselves as we're debriefing certain periods of time. So this could be like something that you could do at the end of a day, or at the end of a week, you could do this at the end of the month or at the end of a quarter, or even as like an annual debrief.

But the idea would be to try to build in reflection time so that you're. Thinking really intentionally about what's happening and not just kind of letting this time go by as if it doesn't count. Now all that to say, I don't want to add more pressure to the pandemic time. So I think that there are some people who are really pushing during the pandemic to improve themselves, to get ahead, you know, if they can.

And of course, there's a lot of people who can't do that for a number of reasons. Um, I think, especially of colleagues of mine who have small children or friends of mine who are dealing with COVID and their families, or, um, in their own bodies where, you know, it's just not a time for them to be trying to push.

This is a time to. Rest, relax. Um, really take the expectations down a notch. So I kind of encourage you to think about these reflective questions as not necessarily a push, if you feel like you can't do that push. Um, but they could still be useful and just kind of, yeah. Debriefing our days, our weeks are months our quarters to really see what is coming out of this time so that it doesn't feel like wasted time.

And I think that a lot of us are readjusting our expectations of what does wasted time mean? We are rethinking, what does it mean to rest, to rejuvenate, to hibernate incubate? I mean, all of these things that could so be incredibly productive during this particular period. So I wanted to share some of these questions and just offer maybe some examples of how I would reflect on even just this period from like mid-March until right now, which as I record this it's early August.

So it's a period of almost half a year that I'd be talking about. And the first question I might ask myself is what are my wins? What are my wins during this time? So I would think about, for example, that I transitioned pretty well to remote working that felt like a win, um, and that I was able to incorporate a lot of really good routines for my remote work.

Um, so I think about, uh, incorporating yoga into my daily practice, which started in April. So that was a definite win. I'm starting my yoga teacher training, which was not something I had planned, but has really allowed me to deepen my understanding of yoga in some important ways. So I feel like that's a definite win as well.

Um, and then I would also say, um, My own kind of understanding of what I'm supposed to be doing in this time and, and lowering my expectations for myself, not, not putting so much pressure on myself to do things a certain way has also been a huge win for me. Um, I'm someone who, I don't know that I would call myself a perfectionist, but I definitely have high standards, um, for what I'm supposed to be doing.

And. Going into a new job, moving to a new city. I definitely had some expectations of what that would look like. And those have been, you know, completely decimated by COVID-19. So I've really had to adjust my own expectations of what's possible during this period. Um, and so that has felt like a huge win.

Just that mindset shift that I've been able to open myself up to new possibilities of what this time can look like. Okay. So the next question I might ask is, uh, and again, this could be about a day, a week, a month, a quarter the year. I mean that you can apply it to any scale of time. The next question would be, what did I learn?

What have I learned over this past? You know, almost half a year. Okay, so there's a lot. Um, and I'm just gonna share a few things. Um, but I would definitely say I've learned something about the ease through which I can do something that's meaningful. And a good example I would give of this is exercise. So I think a lot of us associate exercise with effort.

And when I started to shift into doing more of a yoga practice versus a running routine, which is where I had started, um, in like, February March. I was doing a lot of running. Uh, and then I shifted into doing yoga instead. That has felt very easel to me and I still feel strong. I still feel like I'm, you know, getting in movement in my body in really positive ways, but I don't feel like I need to sweat in order to have that experience.

And it feels like for me right now, just a better fit with what I'm trying to do. Um, I would say like kind of mentally and cognitively as well of just trying to give my brain a break, um, because there's just so much problem solving happening during this time. So much processing of information. Um, and during a time of kind of collective trauma, I have found that yoga has really been allowing me to process emotions as well.

So a huge lesson learned is that I can have a movement practice that, you know, some people might call exercise. Some people might call something different, but that, that can feel easeful and that it doesn't have to be me like pushing my body to, you know, constantly be. Stronger faster, better. Um, it can be more restorative, which is what yoga has really been for me during this time.

Okay. I would also say a huge lesson I learned during this period would be, um, The importance of remote work for me. Uh, and I'm, I'm lucky that we've been extended into doing more remote work during this fall. Um, it's just better for my schedule. It's easier for me to cook meals for myself that are healthier.

It's easier for me to take breaks when I need to take breaks. I drink a lot more water. Um, when I'm remote working, like there's just a lot of routines that have been healthier for me. During this period of time. And especially as an introvert, I have noticed just an extreme, extreme, different, yeah. It's just night and day difference with my energy levels.

Um, when I'm not around people all the time. Now I can say, you know, zoom meetings all day long, multiple days in a row can certainly impact my energy as well, but there's, there's a way to control some of that. Um, and there are different kind of ways that I can control my schedule now that I'm learning are really important for me.

So that's a huge lesson learned during this period. Okay. The next question is how did I grow? How did I grow? So I see this differently than what did I learn. Um, because sometimes there are things that you can learn that are outside of yourself. Um, for example, I could say, I learned about yoga anatomy, um, and that is like more information that I have been able to glean during this period of time.

I focused on what did I learn about myself? Because I tend to go into that direction when I think about learning and reflection. But when I think about how did I grow, this is talking about kind of going from point a to point B. And for me this often involves a mindset shift. So some of the things I talked about in what have I learned are really connected to how did I grow?

Um, and how am I starting to see myself in a different light during this period? So one area where I would really, uh, focus my response to this in terms of my own reflections would be, I've been doing a lot of work around somatics and coaching. And this is the idea of, of doing coaching in a more embodied way.

So you might've seen me talk about on the blog, who I've been taking a course on somatic coaching. My yoga practice is certainly tied to this, and I've also been looking into meditation, breathing techniques, things like that. And, um, I've been tying this on with coaching. I've also so been really learning more about what these things are as they relate to trauma response.

Um, because so many of my clients are experiencing trauma during this period, and I want it to be really. Responsible about how I was using some of this information in my coaching. Um, and so there's this area of growth for me around like a mind, body connection that didn't exist before. And I think part partially that's because for the last 20.

Ish years. I've really been focusing on cognitive development for myself. Um, you know, when you go to graduate school, when you go to college, when you get a PhD, when you write books, um, when you are, you know, kind of a. An expert within your field or something like that. Like these are all very cognitive things and in the last six months or so, I've really started to make the connection between embodiment and the mind.

Um, and there's so much more to learn there. I definitely would not say, you know, I I'm a very much a beginner in this area of starting to think about this. Um, but in terms of my own growth, The openness to think about that is a pretty big growth period for me, just kind of making that connection and acknowledging the importance of the relationship between the body and the mind, um, is a big deal.

Now, some of you are probably thinking like, well, duh, I mean, and this is like obvious, but for me it wasn't as obvious. And so it's also a great point yeah. Of how, what you learn and how you grow. So is just incredibly personal to you. And so when you do these reflections, you never want to like compare yourself to other people and be like, wow, I'm like behind in learning or growing in these ways.

Um, because everyone kind of learns and grows at their own capacity and at their own pace. Okay. So the next question is a question that is getting you to think about kind of the future. And that question is what would I change? So when I think about this last period of time, is there anything that I would change change about that period that might influence what I'm thinking about into the future?

And I would say that, um, like many of you, I bet many of you can identify with this. Um, I just had a lot of worry during this period. Um, a lot of worry, a lot of anxiety about things that I really just had zero control over. And I think that as I'm kind of pivoting to the future and thinking about. How to respond and, and just be within this pandemic time, I'm really trying to have a little bit more, um, control over that and just acknowledge when it's happening.

When I have a bit of an anxiety spiral around the pandemic and, and try to get myself into a little bit more of a healthier space. Um, some of that is in my control. Some of that I'm not sure is entirely within my control. But when I think about what I would change, I think about, you know, the amount of time and emotional energy that went into some of the worry that I had, um, that just, you know, didn't really go anywhere.

Like sometimes that, that energy of that worry just goes into a bit of a black hole when it could have gotten to something more creative, more productive, more healthy. Um, so that's something that's kind of on my mind. All right. So the, just a couple of questions left to think about. Um, the next question is who did I help?

Who did I help? So in the period of time that you're reflecting on, is there anyone that you can say that you helped now for me, I think about in a very kind of, um, Practical way. My job for my institution was really to help people pivot to go online. So there were hundreds of faculty members who came through a program that my team developed for online teaching over the summer.

And there were a lot of groups that I was meeting with and helping to think through. How do you do do this pivot? There were also some, several groups that I met with for virtual speaking events. Where I focused on the concept of resilience during this time. And how do we use principles of trauma informed pedagogy to create resilience in our classrooms, both for ourselves and for our students.

And there were several people, Paul, who I think just had a need for it that, you know, like they, they didn't need more techniques of how to move online. They needed kind of the emotional resilience, uh, strategies. And so I think that was helpful in this period of time. I definitely think about my coaching clients as being potentially people who I helped, um, because there was a lot of permission that people all needed to just pull back to adjust expectations, to grieve.

Um, and to just understand that. Their trauma response was going to get in the way and in some cases of their productivity. And that was okay. Um, to really just pause and, and reflect on that and think about what that meant for them. Um, So I think about kind of these different communities of people that were potentially helped, you know, during this period of time, um, by various things, you know, like tools that I created.

Um, I also think about people who purchase one by design, just the commercial unity that's being built by the tools and the resources. That are being shared. Um, and that's something that you can kind of directly think about. And maybe for you it's you help someone in your family or you helped your partner or you helped your child?

Um, it doesn't have to be crowds of people. Um, but I think that this is an area that's really interesting to think about different scales of time. And then the final question that I would encourage you to think about for this debrief is what next? So, given all these things, given that your explorations of your wins, what you've learned, how you've grown, what you would change and who you've helped, what does that mean for what's coming for you now?

I think for a lot of these areas that I've described in my own reflection of this covert period, For me, it's just a deepening. Um, it's not necessarily a pivot in any way. It's just deepening these areas. And my kind of phrase for the year has really held up. Um, my phrase for the year was deeply rooted.

Um, and this is something that I think has just been, um, helpful to consider during this time. So when I think it's next for me, I it's really about kind of deepening the relationships I'm currently building through my programming. Um, through things like the podcast and the blog sharing openly about my reactions and responses to what's currently happening in ways that might be helpful for other people offering strategies, offering, you know, coping techniques and really listening to what it is is that people need during this time and how I can be of service.

Um, both at my institution and to larger communities where I'm a part of. So I hope that you found these questions helpful for thinking through your own reflections, uh, on a daily basis, a weekly basis, a monthly basis, a quarterly basis, or even just on an annual basis. And I'll repeat the questions one more time.

They are, what are my wins? What did I learn? How did I grow? What would I change? Who did I help and what next? And of course, I would always love to hear your responses to these questions. If you're willing to share them for this particular season of your life, you can always email me at hello at dr. Katie linder.com.

You can tweet to me at Katie double underscore Linder, and you can connect with me on Instagram at Katie underscore Linder, 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.

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