**YGT episode 212**

You're listening to, you've got this episode 212. 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 share a little bit about some of the things that I've been doing leading up to what is kind of a stressful election period here in the U S and I have had a lot of people checking in with me to say, what is your self-care plan?

What are you doing during this time? To try to not be stressed out, um, and really to curb anxiety. Um, because for me, that's definitely something it's, it's on my mind quite a bit. And I have seen some just really amazing posts on social media and on people's blogs, really talking about creating a bit of a plan for this week in terms of self-care and I've just really appreciated all the ideas that I've seen.

And so I thought I would share what I'm doing as well. And of course, I would love to hear what you're up to. So I will tell you ahead of time, I do have a blog post coming out this weekend and it's coming out of my newsletter on Friday about things I'm doing instead of watching the news. So that has kind of strategy.

Number one is I have really cut back on my news consumption. At this point. I feel like a lot of the election news is kind of recycled. Um, we're going to see some new stuff coming in. Um, as I record this, uh, this is the day before the election. So in the next couple of days, of course, we're going to see some new stuff, but when you start looking at things like CNN, it's just repeated, you know, like this is it's, it's meant to kind of make you a little bit crazy because they want you to keep reading and watching.

And so it's important to me to kind of cut back on that and to get the highlights of kind of what's going on. If I feel like I need that, but to not get stuck in the cycle of just watching to watch and to have something to do. So I'm going to share a little bit of a routine that I put together that, um, really helped me to relax.

And especially on election night, if you're really thinking you're not gonna able to go to sleep, this might be something that could be helpful. So it starts with, um, having like a shower or a bath, something that's kind of regulating your body temperature. Helping you to relax, you might have kind of tensed up your muscles, whether you're kind of aware of it or not.

I know I carry a lot of my tension in my shoulders. And so to take something like a hot shower or hot bath really allows me to kind of relax those muscles. So that's step number one is to just try to get things kind of relaxed and, uh, be come warm and put on something cozy, put on something comfortable.

And then I think it's helpful for me at least to have some kind of hot drink. Before I'm falling asleep and I try not to do this, like right before I fall asleep. Cause obviously you're going to have to go to the bathroom, but the idea would be maybe sometime in the evening to grab like a cup of tea or some broth or something that's kind of warm and comforting.

And again, this is just kind of about creating a space for your body to feel comfort. Um, so some kind of warmth, uh, in addition to a shower or bath is going to help with that. And right now I'm drinking a lot of tea at night, a lot of decaf or no calf tea. And what helps me, um, is usually like a dessert tea.

So I've been doing like a chocolate hazelnut, um, from stash, which I really enjoy. And I even had a cup of that tonight. Um, so I'm really liking that. I think it's also helpful to have like some light music on and I tend to go with something like instrumental music. Um, that's kind of soft in the background.

And again, it's really the idea of replacing instead of having the new cycle on, in the background. Pick something that's just relaxing and that doesn't have too much of a heartbeat to it. Um, now, if you are someone who maybe wants to get out some adrenaline and do some dancing, then maybe you could go the opposite direction.

But I like to have kind of more of an instrumental, uh, kind of music. And I've talked before about spawn music, um, and which you can get on like Pandora or these other stations, which is basically the kind of music you would hear if you were going to get a massage. So that's also a possibility. Now this next part, you might have to do a little bit of research to find something.

I'll try to link a couple things in the show notes, but I think it is like the magical thing that you can do to relax. And I actually just did this tonight and it felt incredible, and that is to do a body scan. And this is something that is used a lot in yoga. Of course, you know, you all know that I'm kind of doing my yoga credentialing right now.

And, um, it's also used for meditation practices as well, but the idea is to lay down, um, on a kind of comfortable surface and to slowly walk yourself through relaxing different parts of your body, typically going from your toes all the way up to your head. And you say to yourself, as you're doing this body scan, um, you know, now I'm relaxing my ankles.

Now I relaxing my calves and you actually kind of say, Um, you don't have to say it out loud, but just kind of like call out to yourself in your mind. What is the part of your body that you're relaxing? And it kind of helps it to actually relax. Now there are a ton of meditations and, um, I'm sure, you know, YouTube videos and things that you can find that will walk you through a body scan.

Um, but I feel like it's not super complicated. I mean, it really is just kind of. Scanning your body from toes to your head and slowly, um, kind of relaxing each thing. The other thing I like to tell myself as I'm doing a body scan is. To sink my weight into the floor or into the bed or wherever it is that I'm laying down.

And I typically do that when I get up to the part of my body, that's like the middle of my body, like my hips. And then also when I get to the part, that's like my shoulders and I'm trying to relax my shoulders and, um, my head, because your head is pretty heavy. So just kind of trying to take those different parts of my body and like, Sink them further into the ground.

And as you're doing the body scan, you can also be deepening your breath and along gating your breath so that your inhales are longer and your exhales are longer. And even holding a little bit in between the inhale and exhale. And it is so relaxing. It just feels so good. I mean, it feels like how you would feel after getting something like a massage where you're just.

Completely relaxed. And it helped me so much tonight to release a bunch of tension that I didn't even know was there. Um, especially in kind of my neck and my shoulders, you can release your jaw. So there's all these different things, um, that a body scan kind of meditation is going to walk you through. So, like I said, I'll link a couple of these in the show notes.

Um, in case you want to find one and kind of test it out, but if you do a search pretty much anywhere online for body scan meditation, um, there will probably be several things. I bet there's some podcasts and stuff out there. That's going to help you to be able to do this. And, um, that this would work great with some music on, in the background as well, to kind of help you to, uh, calm down.

Now, these are all the things that you can do on your own. So if you live by yourself or if you're just trying to have some alone time or some solitude time, Now I recognize though, that there are some people who are like this, isn't going to help me. Like just being by myself is not what I need right now.

I need to talk things out. I need to be with other people. So I also wanted to give you an activity that I think works well. Um, that is also kind of a way to calm yourself down and stay positive without having to talk about the election. Now part of this too is, and I was reading in several different places today that people are experiencing different levels of reaction to the election and different levels of trauma based on the election.

And we don't always want to kind of require other people to talk about it with us, um, because they may not really want to. And so if we need outlets for that, we need to find other people who also need outlets for that. But I think it's also helpful to talk about. Other things, if you need that kind of outlet, um, that will distract you.

So what I would recommend talking about is a conversation about positive future plans that you have that will not be impacted whichever way the election goes. These are plans that you already have in your mind of what you're going to do. So let me give you an example. Today kind of some level of synchronicity had me find out about this local retreat center that is in my town.

And I had been looking around for different retreat centers. And, um, this email came into my inbox that told me about this retreat center that I had not heard of. And that would actually be kind of perfect for when I start to do in person retreats. And if you've listened for a while, you know, this is something that has been on my mind and I've been kind of thinking about it as a possibility of something I might want to do in the future.

And certainly not during COVID time, but eventually I do think that this is something that I will do, I will offer some in-person retreats, um, that could be themed in different ways. They might be related to yoga or even kind of like an introvert's retreat, which I think would be super fun to host. So I have a lot of ideas of how this could be.

And it doesn't really matter what happens this week. This is still a vision that I'm holding for myself and that I'm holding for my clients and the people who will be able to do this retreat with me eventually. And it gives me a lot of hope and a lot of possibility to think about that. Um, it's very positive for me to think about that.

And I just really enjoy thinking and talking about it. So I was able to have a conversation with my partner about it tonight and tell him about the retreat space that I found and just kind of distract us both for a little bit about this positive thing in the future that we're both interested in as it relates to the business.

And it really did give me a bit of a boost to talk about it. So you might have to think for a little while about what is this thing that's far enough in the future, and that isn't necessarily going to be affected by things that happened this week, but that you're excited about. And it could be a big thing.

It could be a small thing, but give yourself a conversation, topic that is something that really brings you a lot of joy and a lot of positivity. Okay. So let me repeat this plan. Um, in case there are things that you might want to try for yourself. So I mentioned having a shower or a bath to just kind of regulate your body temperature and, um, bring your energy kind of into a good space.

I mentioned creating a hot drink of your choice. Um, some broth or some tea, uh, having some music on in the background and then, um, finding a supportive way to do a body scan. So whether that's through a podcast or a YouTube video, and again, a link to some in the show notes. And then lastly, I talked about having a conversation about positive future plans that are not going to be affected by whatever it is that happens this week.

So I want to, uh, say that I am just thinking about all of you as you are processing all of the things that are happening. And for all of my friends who are listening, who are not in the U S I want to thank you so much for your support, because I know that you're watching the national news and international news and knowing that we're having kind of a, an interesting time here in the United States.

So hang in there, everybody. And I hope that some of these. Possible activities are helpful for you. Of course, I would love to hear how you are engaging in self-care during this time as well. 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.

And of course, because I'm not really going to be watching a ton of news this week. If you send me an email, I'm going to get back to you really soon. And I would love to interact with you and engage with you. In whatever positive way will give us both a boost this week. Thanks for listening. Um, for listening to this episode of you've got this show notes and a transcript for this episode can be found at dr.

Katie linder.com/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.