**YGT episode 235**

You're listening to, you've got this episode 235. Welcome to you've. Got this, a weekly podcast, 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, this week's episode. I thought I might do something a little bit different because the truth is when I thought about what I wanted to talk about this week on the podcast, I didn't have a ton of ideas.

It's been kind of a long week. There's been a lot going on. And, um, I know many of you are watching the news cycles about the latest violence. Um, Against a person of color being stopped by the police and the school shooting and various other things that have been happening. Um, and it just feels like a really heavy week.

And so I thought what I would do is just offer a bit of an update as if we are going out for a cup of tea. Uh, and I would love to hear your updates too. Please feel free to be in contact with me via email. At hello at Dr. Katie linder.com. If you want to tell me what has been going on in your life. I love to hear these kinds of little updates from people, and it's just a bunch of little details, all the, all the little stuff what's been going on with you.

So I thought I would focus on that today. Maybe offer you a bit of a distraction, but also just a feeling of warmth, a feeling of connection, uh, because these are the kinds of things that if I was going out with a friend, um, I would definitely make sure to mention these. So first I want to mention that I just finished a book, uh, and it's a, a novel and, um, I actually have to look it up and see what it's called.

Cause I've already forgotten the title of it. So as I'm talking, I'm going to look it up on my good reads list. And this is one that I ended up purchasing on Kindle when it was on sale, because it was described as, um, like if you liked the hatchet. I don't know if any of you remember that young adult novel that you would like this book it's called be not far from me by Mindy McGinnis.

And it's basically about a teenage girl who goes out into the woods, um, to hang out with her friends and, um, various things happen and she, she ends up being out there on her own and she gets kind of stuck in the woods and has to, um, like survive in the woods. I basically read this book in one sitting it's just like little over a couple hundred pages.

And pretty much if you describe any book as being, uh, like similar to the hatchet, I will definitely, uh, read this and, and the hatchet book, if you're unfamiliar with it is basically the story of a boy who will get stranded in the woods after a plane crash. Um, and he has to survive now. Um, I also read a book recently kind of about the same theme.

So I'm on a bit of a kick here also a way novel. Um, called, I am still alive by Kate Ellis Marshall. And I'll link all this in the show notes in case you're interested in this also, um, a relatively quick read. I think I read it in a couple of sittings and also about a girl who gets stuck in the woods based on various events that happen.

But that one was described as a cross between hatchet and, um, the revenance or the. Is it the remanence remanence, the one, the movie that was based on a book that had Leonardo DiCaprio, where he was trying to get, um, revenge on a bunch of people. And so this one has kind of a revenge plot line built into it.

Um, but basically like if you describe a book as being similar to hatchet by Gary Paulson, I will pick it up and read it because I used to love that book when I was a kid. And if you're not aware, um, there is actually follow-up books to hatch it as well. It's like a little series, um, that I didn't know until I was much.

Uh, older and I went and revisited that a couple of years back. So my reading life has been, uh, pretty fun. There's been some really good fiction on my list. And I also recently read, um, the deep end of the ocean, which was, uh, eventually adapted into a film, which I'm going to watch. Um, now that I've read the, the novel, the novel also has a follow-up.

Um, so I've just like really into these kind of character-driven. Plot lines and it's helping me to, um, just, you know, have a little bit of a distraction, something fun to look forward to when I'm digging into my reading. Also give you the update that today I drove my partner to get his first COVID vaccine shot.

So that was a really exciting moment in our household. Um, so far just a little bit of arm of pain for him. And hopefully it won't be too much, uh, more than that, but we were definitely celebrating that. And then I get my second COVID shot later this week on Friday. So I'm as I record this in just a few days and crossing my fingers.

Um, I've heard a lot of stories about people who. Don't feel great after getting that second shot, but I think it's completely worth it. And I've definitely been following the news this week about Johnson and Johnson. Just read a rundown on that, um, in CNN and it was helpful to kind of see the purpose behind pausing that vaccination in the U S and, and kind of what it means.

And, um, I can link to a story about it in the show notes as well. The other thing that's on my mind this week is, um, tax day, which even though we got pushed back a month, I still owe quarterly taxes for our business. So I'm, uh, in contact with my accountant to try to figure out what that number is, so that I can write a check and send it in.

And, um, that is part of our, uh, state tax that we do. But also we have federal taxes that we pay and some of it can be done online. Some of it's a check that we mail off. And this is something that around this time of year always gets a little bit stressful because if you know any accountants, you know, that they are just completely, uh, you know, booked up, trying to get all this stuff done.

Our accountant is no different. We're actually still using the accountant that we had when we were back in Oregon. Um, and so she's doing our Kansas taxes for us and, uh, we need to figure out what we gotta pay for quarterly taxes. So this is on my list to kind of figure out this week, cause that's due in a couple of days.

The other thing I've been thinking about this week is I have a niece who is turning one years old in a couple of weeks time. And I need to reach out to my sister. This is her first child to see what our little niece might want, uh, for her birthday. And we did get invited to what I'm sure is going to be a super fun, uh, birthday party, but we decided not to go just because of our timing of our vaccines.

Um, and I wish I wish that we could be there with our little niece and see how she's going to smash into cake and do all kinds of things. But, uh, we will have to watch video and pictures instead. So if you have any ideas of what a one-year-old niece might be interested in, feel free to send those things my way.

I always love to hear about possible things that she might want. Um, for Christmas, we got her a weighted, uh, sleeper, which I didn't even know they made those for babies, but I love my weighted blanket so much that I was like, okay, I'll get all buy into this. Uh, so we bought her a new weighted sleeper, and I love that idea that it has like a little bit of weight that's on the baby's chest and helps them to feel kind of swaddled and, um, easily fell asleep.

Now, this is the point in us having our tea together or coffee, depending on what you drink, where I probably mentioned that I happened to see that there is a adult sized swaddle blanket that I saw on probably some Instagram or social media thing. Um, several weeks ago, when I was looking at social media a lot more frequently.

And I was kind of shocked, but also it made complete sense to me that we would have a product for adults where they could swaddle themselves at night in this kind of blanket situation. So I'll try to find a link to that as well, just in case, you know, you're hearing me talk about swaddling and weighted blankets, and it sounds like something that you might be interested in, even though we're going into the summer months here in the U S anything that we can do to feel cozy and, uh, nice and warm and ready to fall asleep, we can definitely do.

Also mentioned that I noticed today because we were out and about, uh, going to get this COVID shot for my partner, that allergies are in full swing here in Kansas. I'm starting to get some really fun sinus headaches. And, uh, I, um, basically staying inside and until allergy season is over, um, which you know, is not all that different than what we've had going on here in the past several months.

Um, but that also means I go to bed usually as early as I can. And I put some nice kind of cold compresses, which always help with my sinuses and also drink a lot of tea. It kind of clears things out. Sometimes take a hot shower, steam, everything. Um, but I'm also interested in hearing, if you have ideas for what to do for sinus headaches, I actually try not to take a ton of allergy medication, um, but would be open to hearing what you know, work.

So basically send me, yeah. All your tips for what to do about seasonal allergies. I always love to hear ideas. Now. I can also see say over the past week or so my partner and I have watched a couple more Marvel movies. So we are up to 10. Movies watched so far, we just finished, uh, guardians of the galaxy.

That was the most recent one that we watched. And, um, it was okay. I didn't really know what to expect about it, to be honest. And it's so different from the other ones, because it is not as. Dramatic and intense and serious. Um, but it was definitely funny. And I know there's another one coming up somewhere in the sequence.

We'll probably watch more of these movies. I would imagine Friday afternoon, I'm taking the afternoon off because of the COVID shot I'm getting. So we might find a way to dig in and watch another movie. But my partner actually had a birthday earlier this week and I had a virtual keynote that I was offering.

So I took the day off so that I could do the virtual keynote and then spend some time with him. And so we were able to sneak in watching a movie in the afternoon, which felt incredibly luxurious. So, um, I don't know how many of you were able to do that with your jobs to take an afternoon off and do something fun that feels like you're playing hooky and sneaking away, but we definitely, um, had a lot of fun with that.

Trying to think if there's anything else that I want to offer an update on. There's not a whole lot else. That's new. I, I did end up getting a new phone. I can't remember if I mentioned on the show that my phone, uh, broke and, uh, the battery stopped working and we tried to get it replaced. And it turned out that the cost of replacing it was basically the cost of another phone.

So I ended up just buying a new phone and I bought a case for it. Um, By a company called Smartish. I can link to this in the, um, in the show notes as well. And basically what I found is that, you know, a lot of the phones now they're so slim. I feel like they just like fall right out of her hand. And if you put it on like the side of a couch or something, it slips right off.

So I had to get a case for it. And I haven't really felt comfortable like handling it until I got the case. But the case came a couple of days ago and, um, I ended up getting. You know what? I don't even know. I don't even know what kind of phone I ordered. My partner ordered it for me. And I know it has a larger screen than the one that I had before.

Apparently it has a more important camera. Um, but I don't even really know about this technology stuff. So, um, but I do have a new phone it's functioning and that feels really good. I'm glad I got the case as well. So I think I'll just sign off there. Those are some of the updates of what's going on. And again, I would love to hear what's going on in your life.

All the little details, all the things that don't necessarily really matter, but they add up to the kinds of things that you would tell a friend or offer in updates. If you were having a cup of tea or coffee together, again, you can always email me at hello at Dr. Katie linder.com. I'd love to hear all the minutia of what's going on in your life.

Until next week. 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 Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for it.

Okay.