**YGT episode 242**

You're listening to, you've got this episode 242. 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. On this episode, I thought I would talk about some of the strategies that I am using related to rest, because I've been talking with several of my coaching clients lately.

And as we're kind of heading into the summer months here in the Northern hemisphere, a lot of people are saying, uh, I don't really know how to power down. I'm having a really hard time. Getting true rest and like stepping away from email and you know, all of the things that come with. Starting to have less meetings, at least for some of us as we head into the summer months.

And so I thought I would talk a little bit about how I am resting and relaxing lately. And it's a lot of little things that I have found to build into my day that give me kind of these moments of pause and they've been really, really helpful. Now, some of these things, I mentioned kind of way back in November.

I did an episode on, um, some self-care strategies for during election week. And some of these things definitely overlap with that, but I want to give this the framework of just trying to give yourself a chance to rest. And for me, that often includes things where I kind of pay attention to where I'm holding stress in my body, which is usually in my stomach.

Like if I have a clenching in my stomach or in my shoulders and my neck, And when I start to feel those things, that's what I'm trying to build in a little bit more of a rest and relaxation activity. So these are some of the things that have helped me, but I guess what I would say is pay attention to what helps you to kind of unclench those stressed parts of your body.

And those are the things that you should be leaning into for rest. So, um, the first thing I would say is, and this is something that usually works for me is a cup of tea. And my go-to lately in the morning has been Earl gray with a little bit of almond milk. And everything's unsweetened. I don't do a ton of sugar these days, but just kind of sitting with a warm cup of tea, especially if it's early in the morning and it's still kind of dark outside.

I hear the birds outside. It's very restful and relaxing, but even if I have a cup of like a minty in the middle of the day, sometimes as I'm heading into the afternoon, Um, some people say that mint tea is a good way to kind of wake yourself up in the afternoon. And so right after lunch, if I'm feeling a little bit, you know, tired, um, sometimes I'll grab some mint tea just to kind of refresh myself a little bit.

So a cup of tea often does wonders for me and it allows me to kind of slow down. Now I do think it's important. And I should just mention that if you're one of those people who makes yourself a cup of tea or coffee, and then you always like, you know, you look up two hours later and it's like cold because you haven't had a chance to drink at warm.

This is part of the practice of having the cup of tea is actually paying attention and drinking it while it's still warm. And I think we've all had that experience if we get kind of distracted. So sometimes it's just focusing on. Just a cup of tea and that's it like not necessarily bringing it to your desk.

Like sometimes I just curl up on the couch and all I'm doing, my phone is not in my hand. Like I am just drinking my cup of tea and that's really relaxing for me. Um, I think you all know I've been reading a lot and so books are definitely something that helped me to relax. Um, I often will go through my Kindle library and just see, like, what am I drawn to at any given moment?

And sometimes that's a fiction book, sometimes that's a non-fiction book. Um, but I like to always have a book on the go and that's really relaxing for me. Um, I would also say if I'm starting to feel, um, pretty stressed and sometimes this happens, you know, by the end of a long day, Taking a shower is really something that can kind of allow me to relax a bit.

And especially if I'm doing it before I go to bed, um, or having like a cup of camomile tea, like those kinds of things that can just really relax you at the end of the day. Uh, and sometimes I'd like on a weekend day, if I'm just feeling, you know, stressed out or just needing to relax, you don't take a shower in the middle of the day and just allow myself to try to take a nap or lay down.

Sometimes that's also helpful. Um, okay. So I mentioned listening to the birds while I've been drinking my cups of tea in the morning and the birds around my house are basically chirping all the time. Like in the morning, all day into the evening, we have a really large. A mature tree in our neighbor's yard.

And there's a bunch of birds that are nested in this tree and they're always flying around kind of our backyard. And so we can hear them, but sometimes you kind of tune them out because it's just like background noise, but sometimes I'll just sit and listen to them, kind of just, you know, chattering to each other.

And that's always really relaxing for me. Basically anything that I can do to slow myself down is something that I will focus on with relaxation techniques. So part of this is building in some margin in between my meetings. I'm listening to slower music. I've really been enjoying, um, classical piano music on the Pandora station.

And, um, there's kind of some contemporary classical songs, um, that basically just turn songs from the radio into classical piano, which is really nice. Um, but a lot of that is just really slow and almost meditative, which I really appreciate. I've talked before about doing different kinds of meditation and yoga techniques, um, like a body scan.

And this is basically when you lay down and you relax one part of your body at a time, usually moving from like toes to head or head to toes. And this is something that I do, um, Actually a lot when I have a yoga clients and I'm teaching clients on the weekends is I'll often end with a body scan as part of our Shavasana practice.

And it's really relaxing. And there's a ton of these available, you know, if you were to look up on YouTube or even on like podcast episodes, I'm sure there are people doing these body scans. Um, but it's basically asking you to. Slow down and pay attention to each of these different parts of your body, and then to intentionally relax them.

And that to me is also really, really helpful when I'm feeling stressed or, um, when I just need to kind of slow down and rest. So, um, that's definitely a tip that I, that I love. Lately. I have also been relaxing and resting through watching movies, my partner, and I have been catching up on all the Marvel movies and working our way through that.

But I also have just been watching some things, um, just like stuff that I have watched a long time ago or things that I haven't watched. Yet, but I've, they've been on my list for a long time. I've just been making time on the weekends to, you know, watch a movie here or there. And that is just really distracting and nice.

And kind of takes you out of your world for a little while. Kind of like books. So watching movies, I think can be really relaxing and restful and just building yourself like a little bit of a nest. Um, sometimes I watch movies on my laptop in bed and just allow myself to kind of lay down and relax while I'm watching, which is really nice.

Um, a couple of times recently, my partner and I at the end of the day have taken a drive. And that was also really restful and relaxing. We just kind of drove to the other side of town and drove around some neighborhoods that, you know, we, we don't get out a ton and drive around in the car. So we just drove around some places.

We hadn't been in a while and we were out for maybe like an hour, but we just listened to music and rolled the windows down. And it was a nice evening. And I know a lot of people have been doing this just to kind of get out of their homes and have a little bit of a break. So that was really nice to do that.

The other thing I would say that's kind of a tip for how to relax, um, and how to rest is to build a, to do list that allows you to do this. And I, I think this sounds kind of counterintuitive to some people, so let me explain. Okay. For a lot of my clients who are super high-performing, they have a hard time just letting go and like having an unstructured day and they'll come to me and they'll say, you know, I'm tired and I feel really burnout, but I also just feel like I have this to-do list that I can't walk away from it.

You know, I, I really need to keep moving and, and, um, you know, achieving these different things on my list. And it's for people like that, that I say, build a to-do list, but have it be full of restful activities. So basically make yourself a schedule of all the things that you want to do on your day off.

And it could be filled with things like, you know, um, getting a manicure or getting a massage, uh, watching a movie catching up on the novel that you've been reading, you know, like it could be all of those things. But I think for some people there's something about having it on a list that makes it feel, um, like it's an achievement, like, like you're not necessarily, um, Walking away from your responsibilities of what you should be doing now.

I don't know that this works for everyone, but I have found what I'm at my most stressed out. Part of what I have to do is almost assign myself this concept of self care. And I have to let myself know that it's okay, like this is needed. Like going to bed early is important. You know, when you're sick maybe, or you're just not feeling well, or you're feeling rundown, it's important to kind of give yourself that list of things that is about like eating a healthy meal, going for a walk, taking a nap in the afternoon, um, taking some time to catch up on something you've been wanting to watch or read or listened to.

Like all of those things can be to do items that then allow you to kind of have permission to have some fun and to let go. Now I also think that there are different kinds of activities that you can just do for fun, that help you to relax and rest. But I think that this is really different for everyone.

So the other kind of permission that I want to offer in this episode is just to think about what you think is fun and give yourself kind of the permission to do that thing. Even if you know that other people aren't going to necessarily think that it's fun. So for example, um, about once a month, I sit down with my power sheets planner, and I think about, you know, how things went the previous month and I do some reflecting and then I do some planning for the upcoming month.

I just did this for June. And, um, I know that some people are not necessarily gonna find this to be a fun activity. Like they might feel like this is work or they may just not want to do it at all, but I really enjoy planning. I think it's. It's fun to kind of do that reflective work and to think about how the things that I want to prioritize in the coming month are really connected to my larger goals or to, you know, my bigger values.

And it's relaxing for me to, to build that kind of plan and to have a bit of a sense of what I want to do with my time and with my energy. So that's the kind of thing that I would say is an example of this, where you might be able to relax with certain kinds of activities that, uh, from the outside, somebody might look at that and say, that's not fun with them.

Um, or that feels too much like work. And, and then, you know, you're like, but not to me. So I think that you have to kind of know yourself well enough to know what is restful and relaxing for you. What is fun for you, even if it's not that for other people, and then build those things in to help yourself have some of that downtime.

So hopefully this gave you some ideas if you're kind of struggling to rest and relax and to think about what, you know, how do I do this? How do I power down? I think there's little ways to do this. I don't think, I think it always means, you know, taking a two week vacation, although that's great too, but I think sometimes building these little pieces into my day have really helped me to have moments where I feel more relaxed and I can kind of relieve some of the stress from my day in ways that feel really doable and reasonable for my schedule.

I'd love to hear. If you have other ideas of what you would add to this list, you can always email me at hello at Dr. Katie linder.com. I always love to hear from you. Thanks so much for listening, and I hope you have a restful and relaxing upcoming season. 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 listening.

Yeah.