**YGT episode 249**

You're listening to, you've got this episode 2 49. 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. I'm your host, Dr. Katie Linder. In this episode, I want to share a little bit about how I am planning for my new commute, because I am headed back to the office with this new job that I'm starting in mid August.

And I definitely wanted to have some time to think about how I wanted this new commute to go, because it has been a lot. Time since I have had a commute since I've been working remotely. And, um, because we took our office remote permanently, I had not yet returned to my case state campus office, um, before I made this job transition.

So, um, where I am living in Denver is a, probably 30, 35 minutes drive between my house and campus. But I'm about 10 minutes away from a light rail station by car, maybe a little bit less, maybe eight minutes away. And then I can take a train, just a few stops into downtown. And that stopped that I get dropped off at is right in the middle of downtown.

And it's about a 10 minute walk away from my downtown. Now, this is actually a much better commute than what I had when I was in Boston, because I used to have to take a shuttle to the train and then take the train in and then do a walking commute. Um, and it was a much longer train ride and it was a longer walking commute.

Um, and so this is actually a really great, um, upgrade to that. And I'm excited that we're probably going to be able to keep our one car family option, which we've had for, um, pretty much my partner. And I, the whole time we've been together, we basically had one car and I would prefer to have that and also be able to use public transit if I can.

Now the other thing that's really nice about this is Denver has something called an eco pass option, which employers can opt into to basically subsidize some of the public transit for people who, um, they are supportive. As their staff. So I am, uh, fortunate that CU Denver, at least for right now is doing the eco pass option.

And so this is going to make my commute also really inexpensive because I'm going to have some of that subsidized by the Institute. Now a few things that I'm doing to kind of prepare myself for this when we were in Denver. And when we had narrowed down our housing option, we knew that our offer had been accepted.

We did do some driving around the neighborhood and try to figure out, you know, where the train station was. How does it work to drop people off there? You know, we did a little bit of kind of, um, uh, recognizance, uh, to see what was going on with that whole situation. And there's actually a couple of stations that I have available to me.

Um, but the closest one is the one that'll probably be. The other thing that I decided to do was I went on Amazon and I already have a like laptop roller bag that I use. Um, when I was working on, uh, the Oregon state campus, I use this because I had a longer walking commute in from like a, uh, farther away parking lot from where my office was.

And it's really just kind of a very typical kind of ruler laptop bag. I used to take it with me when I traveled for work on planes as well. And it just kind of fits under the seat in front of you. And, uh, it has a couple different compartments. You can put a laptop in there, you can put, um, just like extra cords and things, um, an umbrella, you know, that kind of.

So I already had that and I'm planning to use it, but what I didn't have was a lunchbox and this is something that I want to make sure I have something that's big enough to carry, you know, like, um, potentially breakfast, depending on how early I leave. Lots of time. Lunch. And I'm planning to have a mini fridge in my office if I can.

Uh, this is something that I've had for the last couple of places that I've worked. And it's actually been really nice to just have a place where I can store, um, extra like yogurts and things like that. If I want to bring some things into work. So I went online on Amazon and I found a lunch bag, and then I also bought, um, it's hard to describe.

It's kind of like a bungee cord I'll link to it in the. And I'll link the lunch bag as well, but it's basically a way to attach something to, um, a ruler luggage piece that you already have. And it allows me to set the lunch bag on top of the laptop roller bag that I have. And then basically like attach it with this bungee cord option.

Now some of you are probably well aware of what this is, because I don't think it's anything, you know, especially new, but I had never had anything like this before. So I did some looking around and just tried to find what I thought would be the best fit. And then when I bought the lunch bag, I bought kind of the biggest option that I could find of one that I liked how it looks.

And the one that I opted for is one that almost looks a little bit like a handbag. Um, and it's really easy to attach basically to the bag that I already have. So a big part of my preparation for this new commute is just making sure I have the right tools that I need to get my stuff from my house, to my job and from my job back to my house and not feel like I'm carrying a lot of things on my back or on my shoulders, because that is a.

Something that just has not really worked well for me in the past. And it's really better for me to, um, have a roller bag that I can, um, roll behind me then to have something that I'm carrying on my back or shoulders. Now I'm taking that lesson away from all the years of traveling that I did, where I was in airports all the time.

And so I, I feel really fortunate to kind of already know that and also to have a lot of things that I can already use, like the laptop roller bag that I already know. Now the other investment that I recently made that I think is really going to make my commute pretty fun is I did buy some AirPods and, um, I actually ended up buying an extra set of like the inner, um, I don't know what they're called, but like the kind of rubber caps that you put inside the AirPods.

When I bought the AirPods, they don't fit me very well. And if you've run into this issue with yours, I would encourage you to look into kind of these off-brand, um, extra little caps that you can buy that are smaller. Um, for me, the AirPods, what comes with them, even the smallest size was too big for my.

And so I had to get the smaller set and they work really perfectly for me. So I'm planning to use these AirPods when I'm on the train so that I can listen to things like audio, books and podcasts while I'm on bike. Now I could not be more excited for this. I've actually really missed this part about commuting, of having, uh, like time basically to listen to audio books and podcasts.

And recently I've gotten back into listening to audio books over the summer, and I am just having the best time. Now these are audio books that I get from my local library and what I appreciate about. Um, kind of the digital resources that you can get from a library is even when you move, you often have like an overlap time of when your old library is still kind of allowing you to check things out.

And when you get to your new library and you've set up your systems and you have your accounts there. So I know that I'll be able to download some things from my old library system to have available, right. When I'm, um, landing in the Denver area. And then I can kind of get my new Denver library card and get all those things up and running and make sure that I have different audio books and things that I have to choose from.

Now I also feel like I have some podcast shows that I have been woefully falling behind on because I'm just not listening to podcasts as much. I don't have as much time, um, that I'm devoting to that because I'm just doing other things. So having this kind of extra time where I'm going to be commuting probably about an hour a day, I would imagine maybe a little bit more gets me back into this mode where I can be listening to this stuff again.

The other thing I'm actually really excited about, about having this commute is I, as much as I love kind of saving time, um, working from home and being able to devote that extra commute time to, you know, throwing a load of dishes in, or doing a load of laundry, I have really missed having the reflection kind of debriefing time for myself on the way home from work.

And I don't really have that in my current situation. I just have to kind of just do a jump from like being at home. Uh, working to being at home, not working. And I've always really appreciated having that kind of transition time where I can pause and think about the day and process things from the day and use that as kind of that transition before I'm going home and being with my.

Now I also mentioned in the last episode that I'm changing up my schedule in terms of the work that I do with my coaching clients. And so I'm going to have a lot more flexibility in the evenings where I'm not necessarily going to be rushing home to meet with a client. And that also helps me to just feel like I have more spaciousness in terms of that transition time and making sure that I'm kind of closing things out for the day before I go home for my.

Now I also do want to mention that, you know, when my partner and I went to Denver, we had an opportunity to kind of do a bit of a trial run of like how we wanted to interact with, um, things like grocery stores when we. Uh, vaccinated, but still masking. And we did end up going into some restaurants, um, and like picking up takeout.

We did go into some grocery stores, uh, and that helped us, I think, to both feel just a little bit more comfortable with doing some of those things that we hadn't been doing before. I will be going into an office environment where everyone is required to be vaccinated. And everyone who is at CU Denver, um, student or otherwise is also required to be vaccinated.

So I feel a little bit better about going into the office and, um, not having a mask on necessarily all the time. However, I will be wearing a mask on public transit. So this is something that I think is actually required right now in the city of Denver is to continue to be masked, um, on the light rail system and on buses.

So I'm planning to continue to do that, and we'll just kind of follow the guidelines depending on, you know, what we're learning about. Um, the. The new COVID, uh, variance and various other things as we continue into the fall. And if at anytime I feel like public transit is just not safe. Um, in terms of the pandemic, then I would obviously switch over to, um, driving into work.

I would have a parking spot. I would be able to kind of make that transition if I needed to or potentially do more remote work. If that was something that was. Uh, kind of mandated or required by my institution. So I think there's a lot of options there, but I am really looking forward to some of these opportunities that will come out of public transit in terms of adding more walking to my schedule and having a lot more time for listening to the things that I really need.

So I would love to hear if you're also planning for a new commute or going back to a commute. I know some people have not quite gotten back to the office yet, and people are preparing for that. What are some ways that you're going to be preparing in your own world? As you're thinking about making this transition into the fall, you can always email me at hello at Dr.

Katie linder.com. And I would love to hear what your transition experience is looking like as we head into this new school year. Thanks for this. 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.