You're listening to, you've got this episode 263. 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. On this episode, I thought I would talk about my Thanksgiving weekend plans because sometimes in the past I've done a bit of a retreat and I always talk about it on the podcast.

And I thought I would share with you what I'm doing this Thanksgiving, since it is right around the corner. As I am publishing this episode. And first of all, I guess I should just ask, are you as ready for the Thanksgiving holiday as I am, for those of you who are here in the U S and you are coming up on the Thanksgiving holiday.

Wow. I think this is the first time in a long time that I've really felt like I needed it and that I needed some time to just be at home and resting. Um, I have not taken vacation since I started my job. It's only been a little over three months now. Um, and this just. Perfectly timed to give me just a bit of a break.

Um, and so I'm really looking forward to that. I hope you all are too. Um, for those of you who are in other parts of the world, I hope you can find a way to take a long weekend sometime soon, because I do think it's important to do that. So I do feel very fortunate to have Thursday and Friday of the Thanksgiving weekend off as holidays.

And I want to take advantage of that time. A couple pieces of context, especially for those of you who haven't been listening for a super long time. Cause I think some of these things I've mentioned in the past, my partner and I don't really celebrate Thanksgiving or most holidays in a traditional way.

Um, if you've listened for long enough, you've probably heard me mention that we usually do some kind of takeout for this kind of long weekend holiday. Rather than like cooking or seeing family. We really got into that mode. Um, in part, because for a long time, we lived away from our families. Um, for many years we were in the Boston area and our families were on the west coast.

And so it just never made sense for us to travel for Thanksgiving. And, um, and other times, like we've, we've been out of state or there's been a pandemic or, you know, all kinds of things. And so we've really gotten used to spending Thanksgiving on our own and, um, Again, if you've listened to for long enough, you know, that my partner and I have some, uh, dietary restrictions.

So we can't really eat a lot of traditional Thanksgiving food. And I just don't want to spend the time cooking. It's just not something that is important to me. So, um, again, this year we don't really have any family close enough to see. And actually our kitchen remodel is starting the week before Thanksgiving.

So as I record this, it hasn't started yet, but, um, it is starting, uh, literally a few days before this episode is going to be released. So we're definitely going to go with the takeout option. This year, we have found a local, um, Chinese restaurant that we really enjoy, and we'll probably pick up some stuff from there for the couple of days of the Thanksgiving.

So the other thing I thought I would mention as context is it's actually really common for us to do a lot of movie watching over this holiday weekend. And in the past we've done this typically in a theater. Like we might go to a theater on Thanksgiving, that's open and watch like three movies in a row and spend the day at the movie theater, um, this year because of the pandemic, we are going to be sticking to our.

Um, but I'm hoping we'll get in some movie watching during this weekend. So my Saturday and Sunday of Thanksgiving weekend are actually packed with client meetings, but the two days before that are completely unscheduled, and this is so. Rare for me to have two completely unscheduled days in a row. I'm actually super excited about it.

So I'm going to give myself a little mini Thanksgiving weekend retreat, kind of a pre a weekend retreat with these two days. And here are some of the things that I'm planning to include in that. So one is each day. I really want to start out with a nice long walk. Uh, I'm loving my new treadmill. I've recently purchased a Peloton tread and my workout time in the morning is typically capped at like 40 to 50 minutes.

I've been able to carve out that amount of time. But it's pretty tightly scheduled. I mean, I hit a certain time in my clock, usually around six 30 and I have to head off to like, go get ready. I have to take a shower and get dressed and all those kinds of things. So on a days where I have a later morning, I've really liked to go on a long rambling walk.

And so I'm looking forward to doing this on that Thursday and, and on that. Now, the other thing that I recently did was I installed a small television in my workout space so that I could maybe watch a holiday movie while I walk. Um, I often use in the mornings that time to catch up on YouTube videos while I'm walking.

Um, and if I want to, I can also use that TV, um, to stream, you know, Peloton classes or something like that that are not on the treadmill if I want to do a yoga class. So it's a really nice time to like, um, Would treat my introvert self with a little bit of time watching something that I care about, um, or just, you know, getting some exercise in a leisurely way that doesn't feel rushed.

So I'm looking for. The other thing I have kind of promised myself that I'm going to do in November is I want to unpack our books and I have bookcases to build related to this. I have books to unbox and I'm imagining that this is probably going to take me at least half a day to complete. And I really cannot wait.

I'm super excited to get this stuff, um, kind of unpacked and organized. And I think it's really gonna make a difference in our downstairs area, because I would imagine we have at least 25 to 30, maybe 35 boxes of books that are downstairs in our basement right now. Um, and I just haven't had a chance to kind of unpack them because we were waiting for, uh, these bookcases and they took a little while to get here.

So it's, it's something that I was hoping to do probably a couple months ago. And I'm finally getting around to doing it this month. So I want to spend some of the weekends. I, as I mentioned, my partner and I are movie Watchers. And so I want to watch a couple of movies that we've been saving. And I think that it would be really fun to have an afternoon where we just kind of veg out and watch some movies.

So I'm expecting another half day or so maybe to go to watching a black widow, which we haven't watched yet. Um, Hawkeye. And of course these are in the Marvel collection, um, because we haven't caught up with those and of course dune, which I am super excited. Um, I've heard some wonderful things about it and I'm excited to, to experience.

I have not read the book dune. And so I'm looking forward to diving into that soon. But one of my dear friends who is a huge, uh, dune fan said, watch the movie first. It will help you to understand the book. Uh, so I, I trust her judgment. I would like to also spend another half day or so working on getting ahead with some content creation.

Um, I'd like to spend some time drafting, blog posts, and maybe recording a couple podcast episodes and getting all of that edited and scheduled to post maybe for a couple of weeks out from that Thanksgiving, uh, holiday. I have to say, it's really been saving me to do prerecording, um, and pre drafting a blog posts on the weekends, um, before things are posting because, uh, during the week it's just very difficult for me to find the energy to do that.

And I'm always so thankful to myself that I did it ahead of time. So it also, I think results. And more thoughtful content because I'm not rushed and I'm not stressed and I'm not fatigued when I'm recording or when I'm drafting the blogs. So, um, I want to spend a little bit of time doing that over this holiday weekend.

And then I would say for the rest of the time, which could be maybe a half day or so. I had love to get some reading in, I have quite the stack of books on my to be read pile. I've got some on my list for November that are professional development books that I want to get through. As I record this, it's about halfway through the month and I've, um, read, I think for professional development books.

And I like to do about eight. Um, in, in, uh, September and October, I was able to read eight professional development books each month, um, which is basically two books a week. And so I'd like to kind of keep that up if I can. And then of course I have all of these fun books that I want to get to as well that I check out from the local library that I pick up on my Kindle.

And I have to say, I. Super excited over Thanksgiving weekend for any black Friday Kindle deals that I'm going to keep my eye out for. So I definitely know I'm going to be looking around to see what I might pick up. That could be fun for me to read into the future as well. So I am really curious if you're hearing the.

What are you planning to do over the Thanksgiving holiday weekend? Um, if you're outside of the U S I'm curious what you would do with two days of unscheduled time that you could just spend on your own. Uh, I I'm sure some of you are spending this time with family and loved ones. I did have a chance to check in with my family, um, as I record this about a week ago, and it was wonderful to see my sister and her partner and to meet my niece for the first time.

And also to see my mom and her partner, um, for the first time in a couple of years. And, uh, I'm also really looking forward to having this Thanksgiving holiday with just my partner and to have that uninterrupted time with him as well. It will be a great reset. I think we're going to be able to relax a little bit and I'm really looking forward to that.

So I hope you have something fun planned. I hope you have some good food on your menu. I hope you have time with loved ones. Maybe some time to play games or watch movies or do something really relaxing. And also, I would love to hear what your holiday traditions are post Thanksgiving. I know a lot of people wait until after Thanksgiving to decorate or do other kinds of holiday traditions.

And I'd love to hear what those things are too. If you want to email me, you can always contact me at hello at Dr. Katie linder.com. I always love to connect with listeners and I am wishing you an incredibly restful, um, and hopefully slow moving Thanksgiving weekend. So you can really make the most of it.

Thanks for that.

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.