You're listening to, you've got this episode 264. 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 want to talk about my Thanksgiving mini retreat and how it went to give you a bit of a debrief.

Because on the last episode, I talked about my plans for this long weekend, and I wanted to update you on how I spent that time. So I did have a few things that I was hoping to do, and I was able to spend the majority of the time in the way. I thought I would with one major exception. Um, but first I can say I wanted to walk each day and I ended up walking a 10 K on Thanksgiving, which was the longest I've gone in a long time.

It felt really good to do that. And then I did four miles on the following day. Um, and I know these were kind of my two mini retreat days, but, uh, accounting, Saturday and Sunday, I also walked another 10 miles. So I got in 20 miles over the long weekend and I was mostly doing it, listening to an audio book, um, which I'll mention in just a second that I really enjoyed.

And I also have a small, um, TV set up in my gym space so I can watch things as well. But for the most part, I was really just listening to an audio book over the course of this time. And it was really. No. I also wanted to fit in some reading time. So that audio book that I listened to was one called the last chance library and I would highly recommend it.

It was a very sweet little book, um, and basically about a librarian assistant. Who's trying to save her local library from being closed and a wonderful cast of characters. I just really, really enjoyed it and I would definitely recommend the audio. And then the other book that I finished was one that I had partially started earlier that week.

And it's a young adult novel called a good girl's guide to murder, which is about a teenage girl who is doing a school project about a girl that went missing in her. Um, kind of town five years previously, and she's trying to kind of solve this murder or missing situation because a body was never found.

And so there's just a lot of questions kind of surrounding the situation. And I know that this is a book that is one of three that, that, um, has the same main character. PIP. And again, just a super fun little book and she has a lot of little notes and things that she's taking as part of her school project.

And so it has just kind of these little bits and pieces that all come together. Um, and definitely a little twist at the end, which I always really enjoy. And then the other book that I picked up and was able to finish was a graphic novel called the secret to superhuman strength. And this is by Alison Bechtel.

If you're familiar with her work, she's done a couple other graphic novels, mostly focused on kind of her family and her growing up years. And this one, it was on her relationship to exercise and kind of how it has impacted her over the course of her. Um, a pretty quick read as most graphic novels are. I think I finished this one in like an hour or two, um, but really enjoyed it.

And I hadn't read her work in a long time. And so I, I appreciated turning back. Now, the other thing that I wanted to squeeze in over this long weekend was watching some movies with my partner and we were able to watch several, uh, first of all, we watched black widow, which was, uh, definitely a continuation of my annual goal this year to continue with the Marvel movies.

And we had watched all of them up to this point of black widow, um, and really, really enjoyed it. It's definitely kind of a blockbuster film. It starts. Really intensely in like the first scene. And then that just kind of continues throughout the whole movie and really, really enjoyed that one. And then, um, for a little bit of a less intense experience, we also watched, um, the jungle cruise, which is a Disney movie with Emily blunt and, um, uh, The rock.

I can never remember his full name. Um, but I think that the rock is actually a wonderful actor and I I've found him really hilarious in, um, Jumanji and, and, uh, the live-action version of that. So we've watched the jungle cruise, which was also really fun. And then we also ended up watching a movie called Howard, um, which is another Disney plus, um, streaming movie about Howard Ashman, who was a, um, a writer and, um, like a, uh, a lyricist for several Disney movies.

And this was the story of how he was working on. Like Aladdin and beauty and the beast and the little mermaid. Um, and he was diagnosed with aids and, um, ended up dying. This is not a spoiler. It's basically what the whole, the whole documentary is about, but about how he had this like, amazing impression on all of the Disney films that he worked on and you get kind of a behind the scenes of how some of the songs were written.

And, um, that was really fascinating as well for my partner and I to watch. And then of course we squeezed in Charlie Brown's Thanksgiving. Um, of course you have to watch the Charlie brown special on Thanksgiving. And so we, we watched that as well. So a lot of really fun, um, movies that we got to squeeze in.

I had also wanted to spend a little bit of the time on some content creation and I was able to draft and schedule a couple of blog posts. And, um, as I'm recording this, this is definitely after the Thanksgiving break. So I didn't get to my podcast episodes were being recorded, but I did outline a couple.

And that was really a nice thing for me to know. And then, um, the other thing I will report out is that we ended up ordering Chinese takeout, which lasted us pretty much the whole weekend. And then I went out and found a vegan gluten-free pumpkin pie, um, which my partner has an allergy to, um, processed soy and this pumpkin by head tofu in it.

So, uh, I ended up getting to basically eat this entire pie myself over the course of the. Which I think after, you know, walking the 20 miles, I definitely was, uh, ready to have some pumpkin pie. Um, but that was a very nice kind of seasonal element of the weekend because we don't often have Thanksgiving food.

And so, um, that was really nice. Okay. So let me tell you what I did not get to this weekend and it keeps getting put off and I had just. You know, upping my anticipation every single time. So I have been wanting to unpack our books. And I mentioned that we have, you know, a couple dozen boxes of books and, um, they're all kind of separated out in our downstairs basement.

I have them ready to go and we have a bunch of bookcases that I purchased and I put a few of them together. A couple of them, I haven't put together. 'cause uh, the time that we got to this Thanksgiving weekend, our house was basically in a state of chaos because we're in the middle of our kitchen and bathroom renovations, which I think I've mentioned in a couple of their spaces and our cabinets for all of the different spaces were delivered.

I think on like the Tuesday before Thanksgiving. And then they, they couldn't really make any progress before the holiday. So we just had these cabinets sitting all over our house. Um, they were in like all the bathrooms, they were in the kitchen, they were in our front room. Like there was literally no place that I could have actually built the remaining two book cases because of just all the space that was taken up by these cabinets.

And. Also our downstairs area. There's a, like a walk way to get to the bathroom in the downstairs area. That's also being remodeled. And, um, we didn't want to block it because we have workers who are continually like walking around her house to get to these. And I will also say, um, my partner who struggles with change, as I think I've mentioned in the past, this has been really challenging for him to be, cause he's in our house full time.

I leave every day and go to work, but he's here. And so he's just like sitting in this like plastic enclosed space with all of this, you know, cabinetry. Kind of trying to avoid, you know, all the workers in our house because of the pandemic. And so he often leaves the house and spends a day in the car, like running errands and stuff.

And so this is kind of a very uncomfortable time for him to not have his home space available. Like me. He is an introvert and loves our home. So, um, he was like, please. Create more chaos, please don't unpack these books. Even if it's like something you've been wanting to do forever. So I said, okay, I will not, uh, pull the trigger and unpack these books.

So I've decided to pause that basically until. Our house is done in terms of like these renovations we're working on, or really that we've hired other people to do for us. So let me give an update on that and where it is because as I record this, um, this is right after the Thanksgiving weekend and in the last couple of days, um, Monday and Tuesday, The cabinets have all been installed.

So they all got put in to the bathrooms and the kitchen. They need to build an island in our kitchen. We don't have countertops, we don't have sinks. Uh, and we don't have appliances yet. So there's quite a bit of work left to do, but I would definitely say we've passed the 50% mark. And I think that the island is getting built in our kitchen tomorrow.

So we're getting into a place. I think, I think, and I'm crossing my fingers that all of this work is going to be done by like mid December, which means I would probably be able to use my winter break to unpack the books. Now I feel like I need to like knock on wood or, or, or like some kind of disclaimer because, uh, I keep saying, I'm going to do this.

And then I keep being delayed, which is really, um, Challenging. But, um, the other thing that is really encouraging me to unpack these books is I've gotten a lot more interested in reading fantasy and science fiction lately. I've, I've been watching, as I've mentioned before, a couple of, um, YouTube bloggers who are doing a lot of really interesting work in this area.

And my partner has collected. So much fantasy and scifi over the years, it's actually the bulk of the collection of the books that we have are his books. Um, and so I'm actually excited to unpack these and like look and see what he has, because I know he has the entire wheel of time series. Um, I know he has like all of the dune books.

Like there's a bunch of things that I want to dig into that I, in the past just haven't really had an interest. So part of my motivation to unpack these books is there's actually some new stuff in there that I've really liked to read. So, um, I am, I'm pushing that down the line and saying it will probably happen, I think in like late December or maybe a weekend, um, in mid to late December, depending on what happens with the rest of her house.

So altogether, I will say this felt like a very successful Thanksgiving long weekend. I did have a ton of client meetings on Saturday and Sunday. Um, but it was really wonderful because there were a lot of people who'd gotten in some rest and, um, it was fun to kind of plan with people and see where they were at.

And I will say, I think my favorite thing about all of this was getting in the long walks. Um, it's had been just a really long time since I had done that. And I used to do a lot of longer walks. Um, I would say, you know, like seven, eight years ago when we lived in the Boston area, And, um, I was training for, for longer walks and I did some race walking and stuff like that.

And so this really kind of got me back into that, which I just really, really enjoyed and it felt so good to just get up and have like a couple of hours that I could just spend walking and listening to this audio book that I really enjoyed. So I would love to hear how you spent your Thanksgiving break.

And if you were just like, hopefully laying around eating, watching TV or movies, or doing something fun with your face. I will also say, um, I picked up a few eBooks for black Friday. I just couldn't help myself. We also picked up some like normal, um, like food things that we buy on a regular basis, but that were on sale.

So I was able to grab some things like that. Um, but we mostly just stayed home and it was really wonderful, even in the midst of the chaos of our house to just be together. And how kind of some quiet time in our. So I hope you had a little bit of whatever it was that you were craving over the Thanksgiving break.

And, uh, I would love to hear about it. You can always email me at hello at Dr. Katie linder.com and, uh, here's to wrapping up this calendar year, I'm going to be sharing in some upcoming episodes, my debriefs for the year, some goal setting for 2022. And I'm excited to bring you along for the ride. 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.