You're listening to, you've got this episode 267. 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 wanted to just have a little bit of a check-in, uh, because we are in the midst of some pretty crazy times, and I actually had a whole different topic planned for this week's episode.

But as I'm talking with colleagues and family and friends and just checking in with people, um, it's just a really challenging time for a lot of people. And I, I felt like it was important to just acknowledge that and to say that if you're having a difficult time, you know, during this holiday period and during this kind of shift in the pandemic, uh, you are not alone because I I'm talking about.

Like I said, friends, colleagues, family, uh, coaching clients who are all kind of in that same boat. And, um, for those of you who are kind of new to listening, um, or if you're not aware, you know, the, the role that I play at my institution is supporting online teaching and learning and digital education. So I'm really in the thing.

Um, and really trying to help people to feel supported both on the learner side and on the faculty side. And it's just, it's an incredibly challenging space, I think for us all to be in. And so for those of you who are listening, who are supporting faculty, who are faculty, who are in any kind of role that's, you know, being touched by this as we're trying to decide contingency planning and all kinds of things going into 2022, um, I am right there.

And I am working those hours and trying to figure those things out and also, you know, doing the best I can to take care of myself during this period. That is pretty strict. So I thought he would just have some real talk about, you know, how I'm kind of coping with the stress of this pandemic shift and, um, invite you to like cope together.

We can, we can be supporting each other through this. And, you know, I would love to hear from you, if you want to email me or just touch base in some other kind of way, um, on social media or otherwise to just hear how you're doing and know that I'm here rooting for you and. Sending out all kinds of positive vibes.

So, um, work has been really, really busy, as you can imagine if you know anything about, um, what what's kind of happening, that many of our institutions in the online teaching and learning side it's, it's kind of an all hands on deck and we're all trying to kind of figure out how to pivot again and how to do it in a way that really takes into account.

You know, the challenges that we're already facing, the fatigue that is, um, You know, just in the eyes and the hearts and the minds of many of our faculty and knowing that when we come back from this break, um, for many of us, it's, it's going to be pivoting again. And that doesn't even count kind of the, the toll that all of this is taking on us just personally, um, as we're seeing, you know, some pretty scary news and, and having to follow that.

So for me, um, what I'm really just trying to be attentive to is I have had some heightened anxiety. Period. It is typically tied to reading the news and seeing what's going on there and seeing numbers rise and all those kinds of things. And the first thing that's been really important for me is to just be aware of it, to note it, to, to see that the anxiety is starting to rise.

And I have all kinds of signals, you know, that, um, are personal to me. You know, that helped me to understand when my anxiety is, is a little bit more heightened and. First is for me to just be aware of it. But second, um, is to talk to my partner about it, which I did today. And I just said, you know, I can tell I have some heightened anxiety right now.

I'm doing my best, you know, to, to kind of calm it down a little bit. Um, but the other thing I would say is, I think if you, you are feeling heightened anxiety during this period, um, that's normal, that's completely a normal reaction to what we're seeing in. And, um, anxiety is our fight or flight response.

It's, it's our concern that we're in danger. And, um, this is a dangerous time, so it's, it's not false. It's, it's not something that is not real. And I think that, um, heightened anxiety is a perfectly natural response. But for me, you know, to cope with that, what I'm doing is I'm taking walks in the morning and making sure that I'm getting in some movement throughout the day, making sure that I'm, um, eating, you know, regular and consistent meals and as healthily as I can.

As I record this, our kitchen renovation is still not done. So my partner and I are eating out still quite a bit. Um, but I did go out and just get a bunch of like fresh veggies over the weekend. And it's a little harder to prep things, but, you know, I just made it work because I wanted to make sure I was getting the nutrients I really needed.

And I was just craving, you know, like a salad. Um, it's been, it's been a long while since I've been able to have a big bowl of salad. So really kind of focusing on the basics. Um, sleep has been a bit more challenging. Um, I, I'm waking up pretty consistently at about three in the morning, so I get up and I kind of start my day.

I journal, um, I do a workout, you know, I do my morning routine and, um, I'm, I'm trying to kind of allow myself to go to bed a little bit early to catch up on some of that sleep on the weekends. And really I'm just trying not to stress about it. Cause I think that it's just kinda my body's natural reaction to everything that's going on.

And. It's not really affecting my functioning at this point. And so I'm just kind of allowing it to work itself out and make sure that I have, you know, earlier bedtime so that I can catch up a little bit on that sleep. And, and I do think that the upcoming winter break, um, again, as I record this, I'm about two days away from being on winter break with my institution.

And, um, that I think is going to help to just be at home and, um, Not kind of doing the full-time work that I'm needing to do right now to kind of prep everything for, for early 20, 20. The other thing that has really been helping me. And I talked about this in a blog post not too long ago is I assigned myself a bit of a reading challenge for the end of the year.

And there were five books that I was trying to get through all pretty lengthy, all between, you know, six to 700 pages. And as I record this, I am on book four. I'm about a third of the way through book four and I'm on track to finish these books by the end of the year. And. It has been such a respite to be able to turn to that and, and just kind of bury myself in a story and in a set of characters that are not the present day that are totally made up.

They're in a different country, they're in a different time. And, um, they have totally different issues and challenges and problems than what I am doing. And, uh, it's been really wonderful. And, and for people who maybe are challenged with reading right now, I know sometimes it's very hard to focus on reading.

Um, I've been listening to these books primarily on audio, which, you know, just to me, there's just something very comforting about being read to and. That's been, uh, you know, like I said, a really nice respite during this period to allow myself to just have a couple hours, you know, whether that's on the weekend or at the end of the day, um, sometimes they close out the day just listening to a few chapters and one of these books and that's been really one.

The other thing that I've started to do that I think has been a really helpful coping strategy. And I'm going to be sharing more about this soon is I've started to document my goals for 2022. And, um, last year I did a 21 goals for 2021 and next week, you're actually going to hear me do a kind of final check in about that and let you know how everything went and a bit of, you know, celebration of, of accomplishments from 2021, even though it was a kind of a strange year and, um, I'm starting to think toward my, my 22 goals list for 2022.

Cause I'm going to use that same. And it's actually been really fun to kind of just brainstorm and think about what do I want to spend my time and energy on and where do I want my focus to be in this new year? And some of these things are going to be kind of shared goals with my partner. And so talking with him about that has been really.

Kind of enjoyable to brainstorm and I, I'm definitely leaning more toward fund goals in 2022. I feel like there's a lot of other kind of professional goals and things that are just kind of set as part of my job. And I'm going to be moving things forward in that way. Um, and, and that's kind of, you know, just in lock step with a lot of things that are happening at my institution right now, around our strategic plan.

So a lot of these goals that I have kind of on the side are more for me, you know, they're really about my personal development and things that I want to spend my time on. And, um, It's been helpful to think through. It gives me a lot of clarity about what I want my priorities to be in the coming year.

And so I would encourage you if, if you're in kind of a space where you want to be thinking about that, jot down some ideas and just kind of start to think ahead and have a sense of what that future could be. Again, I know it's kind of hard right now for some of us to be looking into the future. And so putting a lightness into that process and, and really thinking about how it could be.

And I'll give you just a couple of, uh, uh, like little previews into what I'm what I mean by fun. And I'll talk about this in early January. I'll share what my goals are. Um, but many of you probably are very familiar with the fact that wheel of time has been adapted for Amazon prime. And my partner loves the series.

Uh, Grew up reading it and he has all of the books in hard copy. And, um, I've heard of it like the whole time that we've been together. He's talked about this series and it's 14 books. Um, and they're all again, very lengthy and super long. And I want to read them all. I want to read them all in 2022 and I think it will be so fun to read these books and talk with my partner about his experiences, reading them from the time that.

Basically an adolescent and he's read the series multiple times and it's kind of like a version of what we did in 2021 with the Marvel movies. Um, but just having that shared experience together kind of a shared cultural experience, I think will be really fun. And I'm looking forward to bingeing some audio on those books as well.

There's a new recording of wheel of time by, um, Rosman pike who is also in the adaptation. And so I think it'll be really fun to dive into that. Those are the kinds of things that I'm kind of thinking about things that will take a good investment of time, um, that are really just for me, that I think are going to be, you know, a fun way for me to devote my time and energy in the coming year.

So I just wanted to pop in and say whatever you're feeling right now. Um, it's okay. And I know it doesn't always feel like it's going to be okay as we look into the future. And I'm sure that some of you are dealing with just some incredibly challenging things right now. And. I'm here and I'm sending you positive energy and just really thinking about, you know, this community that we've built through this podcast and, and all of the different people who have listened to this show.

Some not very long, but some for a very long period of time, um, we are here together and you have a community around you that is supportive and it starts with. So I am thinking of you all and, uh, wishing you the very best as we head into this holiday season. And again, I would just love to encourage you to reach out if you need someone to just hear where you're at right now and give you a little bit encouragement.

I would love to do. And you can always reach me by email at hello at Dr. Katie linder.com. And I would love to have a little correspondence with you if you want to reach out and tell me a little bit about how you're doing and if there's anything that I can do to help you during this period of time, I would love to be able to do that for you.

So hang in there, everyone let's continue to cope together. Thanks for that.

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