You're listening to, you've got this episode 273. 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 some of the most recent ways of that.

I have been influenced by Instagram. Now, I feel like this is one of those things that gets talked about kind of negatively and that, you know, it's. We're being influenced in ways that are not helpful to us or that we're buying things that are kind of wasteful or that are not useful, but I've actually found a few things lately that are incredibly useful to me.

And they were like just what I was looking for. And I wouldn't necessarily have found them if I hadn't been, uh, shown them on Instagram. So I wanted to share a few of these things. Of course, I'm going to link to all of them in the show notes. And I guess it's just kind of a reminder that. I do find positive things coming out of social media.

For me, even if, sometimes I'm like, is this a time suck? Is this, you know, like a waste, but I also find myself connecting with people who have ideas that are just really fascinating. They have products that they're using that I do find incredibly useful. And, um, so I wanted to share a few of those examples.

So the first one that I want to share is one that is probably the most unusual of the things that I have been influenced, um, on Instagram. And it is something called a meditation chair. Now I was looking for something like this a couple years back, and I actually ended up buying kind of a chair that you would put, like in your living room.

It's kind of like a side chair. That doesn't have any arms on it. But the purpose that I, I bought it for was to be able to sit at my desk and sit with my legs crossed, like in kind of a Lotus style pose. And because I'm at my desk a lot, especially at home when I'm coaching clients, I don't necessarily like to sit with my feet on the floor with my legs crossed.

I ended up getting, you know, like swelling in my ankles. And like, it's just easier for me to kind of move around and sit in different ways. If I have a chair that has just kind of a flat surface that I can sit cross legged on and pretend. Now the challenge with the chair that I bought, and I actually ended up buying two cars.

I had a couple of different places that I was sitting in for my desk. This was back when we were in Kansas. I used a chair in my office for like my day job. I used a chair in my office for my business. They were just a little bit low. Um, and, and so I was kind of putting some blankets on them to try to like lift myself up a little bit.

They weren't ideal. They, weren't kind of exactly what I was looking for. Well, just the other day on Instagram, somebody posted a picture of what is called a meditation chair, and it is a desk chair that is built for sitting in kind of a Lotus style. But you can also sit in a bunch of other positions. Now I'm going to link to this in the show notes, because I do feel like it's a little bit hard to describe, but basically what you can imagine.

There's an upper level of the chair. That's kind of like a stool. It's just like a circular seat. And then there's kind of a lower level where your feet are at that looks kind of like a BB, like a banana shape, for lack of a better description where it's kind of a little bit lower. So you can kind of like sit up on your sits bones and then have your legs be a little bit lower than where you are.

So imagine if you're meditating and you're sitting on a blanket to kind of elevate your hips a little bit. The chair does this for you, but it allows you to sit at a desk. Now, the other cool thing. And if you look at the website for this chair, you will see this, it's a company called Piper song that does this.

Um, there's all these different ways that you can sit in his chair. And so when I got this chair just within the last week or so, and I set it up, I probably sat in it like five different ways within the first 20 minutes. Like, I didn't realize how much I really like to move around when I'm sitting at my desk.

And the best part is. Because of kind of the height of the chair and the height of where my laptop is. Nobody can tell how. So one of the things that you can do with this chair is kind of crouch. Like you could bend like, um, one leg, almost like you're sitting cross-legged, but then you can like put your knee up basically.

Um, and, and it allows you to just have a lot more of like a hip opening stance in this chair. And when I put my knee up, I was like, oh, people are gonna be able to see my knee on camera. Like I'm not gonna be able to do that. But when I started kind of messing around with these different postures, I can actually sit in a number of different ways and nobody can tell, and I have a colleague of mine.

Who's a good enough friend that I was kind of mentioning this to her. And she's like, I cannot tell that you're sitting any differently. You know, the normal, when I was really in a position that was just incredibly comfortable. So the big question for me right now is do I buy another one of these for work?

Because I was remote working in January. I'm now going to go back to the office and I bought this chair for kind of my home office and I just love it. It's really, really amazing. And I also think this would work really well for anyone. Who's kind of like fidgety or if you just like to move around a lot or if your legs get kind of stiff, if they sit in any position.

Especially if you're someone who maybe like a standing desk, isn't quite right for you, or you're trying to combine a standing desk with something else that would let you like move around a lot. This is a really good fit. Now I will say it's not cheap. Um, the chair that I bought, I think I bought it for.

Maybe $330 or something along those lines. Um, and I had, like I said, been looking for something like this for quite some time and it took me a while to find it like, and I stumbled across it. There was another person who practices a lot of yoga who was showing it on her Instagram feed. And that's how I stumbled across it.

It wasn't an ad. It was just like I saw it in someone's space. Um, and so I would definitely recommend looking into something like this. I think it's an. But it also already has just had huge impacts on even like my energy at the end of the day, because my legs are less tired. I feel less swollen and I am loving it.

Okay. So that's thing, number one, a little bit unusual. The other thing I will say, which should probably go without saying, but I'll just throw it out there is I'm really been influenced on countless e-books people that I'm following. They're telling me what they're reading and there's a lot of like Kindle sales and deals that people talk about.

But I am going to talk about one specific genre that I've been influenced and that is romance novels. Now this is not a genre that I feel like I know very much about. And I'll give you one example of a romance novel that I was influenced by the other. And it's called how to marry Keanu Reeves in 90 days.

Some of you may have seen this book floating around. I think the premise of it is hilarious. And I think it's just a really kind of funny, um, perspective on a plot. I think the basic plot is basically this woman finds out that Keanu Reeves is going to get married and she goes on this kind of cross-country road trip to, uh, try to.

Connect with him or stop it from happening or I'm not entirely sure. Um, I don't even know the plot, but I just think it's kind of a funny premise to include a well-known actor, you know, in the plot of this book. And everyone's been talking about it, like, I've just seen so many people talking about it and then the other day went on sale for two bucks or whatever.

And so I picked it up. I have not read it yet, but I, I there's so many things outside of the genres that I typically read. That I have been influenced to purchase because I see the volume of people sharing about that book and giving it good reviews, which is really what books do gram does, is it's people sharing about what they're reading and how they have enjoyed that book or not enjoy that book.

People give very honest reviews and because these are genres that are just outside of what I know very much about, it's been really helpful. So I often get influenced to buy certain things that I see, like everybody talking about when they go on. Okay. So the other thing that I wanted to share that I was recently influenced to buy, and this is something that, um, was an ad.

It was served up to me as an ad was a, what is called a spinner ring. Now I am sure many of you know what this is, I did not know what this was. I had never seen one of these before, and there's a bunch of different kinds, but basically what it is is it's kind of like a fidget, um, ring that helps you to keep yourself from.

Fidgeting and other ways. So the way that it was marketed to me was like, stop biting your cuticles, which I always have had a challenge with. Like, I I'm always like putting my fingers by my face or, you know, in my mouth. And especially now during the pandemic, it's like, that is not what I want to be doing.

It's gross. And I need to kind of stop that like habit that is just like, Muscle memory. Like it's just, I don't even realize I'm doing it. So I found this spinner ring that is basically a piece of jewelry that has a couple of like rings on it that you can spin around the base of the ring. Now, again, this is one of those things that's hard to describe.

So I linked it in the show notes in case you want to take a look, but basically I can take, you know, my thumb. This ring on my middle finger on my right hand. And I can take my thumb and kind of spin. What is the outer rings that are on this ring. Now, if you just look at it, you might not even realize that it's meant to be a spinner ring because it's, um, I think just kind of, uh, Designed in such a way that it just looks like a piece of jewelry, but I have found it to be so helpful because typically when I'm sitting on like a zoom call or something like that, and I'm on mute and I'm just kind of like paying attention to what's going on, but my hands are like fidgety.

I don't want, like, I'm not a doodler. So this has been like a great thing for me to do instead is to kind of engage with this. It's also done a really nice job of drawing my attention to when I'm trying to put my fingers in my mouth or put my hands by my face, because it makes a noise when you move it.

So it I'm going to like make the noise by the microphone. Like you can hear it kind of, you know, the outer rings, making a noise with the inner ring. And it helps me to just even notice when I'm moving my hand around, because it, it gives me kind of that, that, um, uh, audio kind of clue that I'm moving my hand.

This is a company called boho magic. They do a bunch of different spinner rings. I would recommend it if you are someone who is like in need of something like this. And it's a great example of something where I was served up an ad of, I didn't even know that this existed and, uh, it's been really fun to like, try it out and see how it works.

Okay. The last thing that I am going to mention is something that I can already imagine will be a little bit controversial for people who have listened to this show for a while. So let me give a little bit of background. Um, couple years back, I decided to move all of my note, taking and systems, uh, digital, because I was starting a new job in Kansas and really felt like I needed to have a place to take notes that was virtual and that I could like categorize things and be really organized in a digital way.

Before that I was purely a paper planner person, well, about a year after that. And I started with notion, um, which many of, you know, as a tool, that's like a kind of a product manager. About a year after that, I found a different tool called click up, which is like a list-based system and started using that and really enjoying it, talked about it in a couple different places.

And now it's about a year later. And when I started to go back to work in January, I just was not feeling click up. I don't know what happened. Maybe it's like every year I need a different system. I want to like really normalize this concept of like trying different things, experimenting with different systems, because as many of you know, I go, I do a deep dive into the system, so it's not like I try it.

And then I'm like barely using it. Like I'm really actively using these systems. But then for whatever reason, like they kind of stopped working. I think that what was going on with click up is I was really struggling with wanting to have some more visual ways of distinguishing between projects. Like for example, color coding was not really something that's included unless you're doing like a tagging system, which I don't typically use.

And so I started to kind of look around because it, all of January, when I was remote working, I was basically going back to paper list making, which is fine, and I don't mind doing it, but I was used to the digital now and I wanted to kind of find a difference. So I decided to practice with something called, um, a sauna.

Some of you know, this it's been around for a long time. Um, Trello is like a sister, you know, system of a sauna. And, um, to be clear, this is not the Asana of yoga, but it is called a sauna they're spelled the same way. And it's basically a project management. Here's what drew me to it. One, there's a ton of color coding, which I was really looking for.

I needed kind of that visual in my lists too. It has a lot of the same functionality as click up and it would be really easy for me to set up my systems in a sauna. Like I was setting them up and click up, which I always look for. I don't want to do like a massive shift. I want to just try, you know, something in a slightly different way, but be able to make the transition relatively easily.

Three, the base level plan for a sauna is. And so I'm not paying for another platform to try it out and experiment and see what I think. So I spent a couple hours, uh, porting things over and just like trying to. I've also been looking for a system that I can, um, share with my partner. And so we were kind of looking at it together and here's the influencer part.

I have been following this person on Instagram for a very long time. I also follow her on YouTube. Her name is Louise Henry we'll link to her in the show notes, and she has a course called Uplevel with a sauna. Now what really pushed me over the edge is Louise. Over this past weekend had a birthday sale and all of her courses went on significant sale, like a third off because of her birthday.

Um, and I think she does sales, you know, every once in a while. So if you have missed the sale, once you're listening to this and you want to kind of keep an eye out for it, you certainly could. But that kind of pushed me over the edge of like, okay, I'm going to buy the course and get some of the templates that she's offering and do a deeper dive into a sauna and see if I think it's a good fit for me.

So the investment that I've made is not in the platform in itself, but like in someone who deeply uses the platform to show me kind of the ins and outs so I can see if it's a good fit. Now I can say, just from the first few days, I was a little bit nervous about a sauna because it, especially in some of the ways that you view tasks in the platform, it wasn't what I was used to doing in click up.

And I had a way of looking at this and click up that I really liked. But there's like a new way in which I can look at tasks that, um, is, is a lot more project-based and it's not kind of putting everything in one spot, but like kind of forcing you to look at individual projects to see what's due and like what you want to be working on.

And then there's a way of kind of, um, collapsing all those tasks into like a calendar view that I've actually found to be very helpful. So that was also kind of a good lesson for me of like, not getting mired into something that you just are used to it, like, even if it's not necessarily serving. Um, you can try new things and you can like find a new view or a new way of kind of approaching or organizing tasks that feels, um, maybe even like a better fit that you didn't know that you needed.

So I'm still exploring this. Um, I don't have a whole lot to say at this point, other than I think it's a good system that will work for me for right now in terms of what I'm looking for. But as you all know, there's so many new systems that come out like every. I'm always kind of looking for things that could be a good fit.

And for right now, the kind of colorfulness of the system is actually something that's been very much like kind of a boost. And it's a little bit more motivating. The click up kind of platform is a lot more like gray, like white and gray, which I think for some people. Is great. But for me, I needed something that was a little bit more, uh, colorful and able to distinguish things from each other.

So those are four things that I've recently been influenced to purchase from Instagram, specifically. I would love to hear if you have things too, that you've found that have actually been a really great fit for you. I feel like I've kind of shifted away from some of my early pandemic purchases, which were like clothes and food and things like that into things that are very like niche to, um, like problems I'm trying to solve or very specific things I'm looking for.

Which basically tells me that the algorithm is working and it probably knows a lot more about me than is comfortable, but at the same time, sometimes that works in my favor. It's kind of one of those tensions of modern life. So I would love to hear if there's anything that you've been influenced to purchase recently.

And what is that thing you can always email me at hello at Dr. Katie linder.com. Always love to hear from you. 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. Uh,