You're listening to, you've got this episode 276. 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 a topic that I have been thinking about recently and what I'm calling it is the toggle, as in toggling back and forth between a couple of different things.

And what I've been toggling back and forth between is my needs in the present. And trying to also think about my future self and what my future self is going to be needing ahead of time. And, um, this is something that I would much prefer to be in the future and be kind of thinking and planning ahead, but also trying to be present focused, I think is really important as well, in terms of just like what you need in the moment to be taking care of yourself.

And this has been on my mind a lot recently. Um, work has felt pretty overwhelming. Um, and it's, it's actually kind of hard for me to say that because I'm loving the work, but we can also love the work and be overwhelmed by the work at the same time. So I just want to put that out there, um, that I'm enjoying it, but I'm also like, wow, this is a lot, a lot to be juggling at one time.

And often it's coming in the forms of just like really back to back. Meetings and things where I'm not getting a lot of margin. And so recently, just this past weekend, as I record this, I had planned ahead, like weeks ago, I had blocked out some extra time for myself this weekend. Um, I, I can't even remember why at the time it was probably also feeling a little overwhelmed when I did it, but I was like, you know, I, I blocked my calendar so that clients couldn't book with me, um, for, for large chunks of time this past week, And over the weekend, I really focused on having, um, like active recovery time that I was really focused on getting rest.

Um, and it's kind of like what I talked about in a couple episodes ago, I talked about having a reset day, but this was more like a rest day. Like this was not about. Prepping things and kind of, it was really about letting myself have just like downtime, um, and, and really kind of refilling my cup. So something in a different sense, I think, than a reset day where you're kind of actively trying to get yourself back on track.

This was more like, let me just recover from, from like a really busy week. And over this past week, I ended up reading over like 1200 pages. Um, this was my main activity that I used for recovery time was reading, um, and listen to a lot of audio book, uh, which allowed me to read relatively quickly. Cause I listened to those more quickly and, um, just basically dedicated a bunch of time to being by myself, um, being distracted in some ways, by these stories that I was hearing through these books and, uh, allowing myself to kind of have this time to write.

And when I saw my calendar, cause I don't always look super far ahead into the weekend when I saw my calendar and that I had blocked this time for myself. I was so grateful to my past self for doing that because I didn't know at the time how much I would really need it. And because my calendar tends to fill up pretty quickly, this was like a gift that my past self had given me to really like take this time and relax.

And so it was a good reminder to me that I'm paying attention in the moment. Is important because that can help you to think about the future that can help you to know what you might need in the future. And that's kind of this toggle that I'm talking about of trying to kind of forecast ahead what you think you'll need in any given moment.

So what I have done is I've already looked ahead in my calendar and I have a couple of milestones coming up at work where I'm going to be like completing a big project. And I've already blocked a couple of days here and there to give myself like a long weekend, um, and basically to take the first vacation time that I've taken since I've started this job so that I could basically, um, recover a little bit and kind of celebrate the fact that these milestones had been met.

Now, the other thing though, that I'm realizing, you know, this week, and again, I want to get back to like this concept of like, this is a constant toggle back and forth because over the weekend, when I was doing all this reading, which was so. Wonderful. I cannot even tell you, like, I could feel my cup filling as I was doing it.

Like, it just felt so good to do. I was also not doing other things. Um, so I did not record this podcast episode. The one you're listening to right now, I did not prep my blog post for the week, which is something I normally do. I did get in a little food prep because that was like really easy to do while I was listening to this audio book.

But I really wanted it to be. Reading and, and you can't really read and do some things at the same time. I can't read and record a podcast episode at the same time. And so I had this moment where I was kind of, you know, talking to myself basically and saying, you know, will your future self understand why you did not take time this weekend to record this stuff and, and kind of get the content prepped?

And I, it was an emphatic. Yes. Like my future self is totally gonna understand I needed this. Like I really, really need. And so it's kind of this active conversation that you're having with yourself to ensure that, you know, by telling myself that I have zero regrets, like I have absolutely zero regrets about spending the time in the way that I did.

I felt so much more rested. I could actually feel tension, like leaving my body throughout the weekend because I was able to just like release some of the stress from the past week, um, and make sure that I was just taking care of. In the moment. So there's kind of this present moment focus that allows you to, you know, make intentional choices about how you're spending your time and how you're not spending your time.

And then that kind of toggling into the future to say, you know, like, remember this, you know, remember how this felt, remember that you needed this. And so this week, you know, in the evenings, as I'm also kind of building in recovery time, I, I blocked out some time to record this podcast after work. And, um, I actually felt so much more energized coming into recording it because like I knew that I had like set myself up to have that rest and recovery time.

And it was like, again, like a gift that I was giving to my. So I think part of this toggle is what is the gift that your present self needs? What is the gift that your future self needs, and then keeping kind of this mindset of gratitude for all of yourselves and like how you're kind of creating these spaces to offer yourself like exactly what you need, because you're the one that knows.

Best like you fully understand what exactly you need in any given moment. And it allows you to kind of set yourself up for almost like these like really special gifts. That no one else would be able to provide for you, but yourself. And I feel like there's a little bit of synchronicity in this too. Like I, when I looked at my schedule this weekend and I just thought, how could you have possibly have known that this was the weekend that you really, really needed this recovery time?

Um, and I probably blocked that, you know, weeks ago, like it was not something that. Consciously really thinking about. And so part of this is I guess, kind of a plea to you to think about, like, what is your future self need? Can you look ahead in your calendar? Can you plan that vacation time now to give yourself that little bit of a gift, but there's also other things that I think that we can do, um, that allow us to have this kind of like toggle back and forth between present and future.

That allows us to just be really mindful and conscious of, um, what our true needs are in, in any given moment. And also to learn from, like, if I had looked at my calendar this weekend and it had been packed and I might've said like, oh, I wish I wish, you know, that this had been a different way. I wish I had blocked this out or whatever.

Like we can learn from that too. We can learn from. It works out and we feel like given ourself this incredible gift, we can also learn from when we get ourselves into a bit of a jam. And we're like, Ooh, this, I regret this. Like, I wish that this was. And then we make different decisions and choices as we go into the future.

So all this to say, you know, like I think that there are very personalized ways that we all recover and reset and rest, and it is like the best gift that we can give to ourselves. I said set up a situation in which we can do that. Now, whether that is like an official retreat or, you know, like something else that you set up for yourself, I don't think it has to be formalized.

I think it can actually be pretty small. And the funny thing is I had a meeting, um, at the end of my day, today at work as I'm recording this, uh, it is a Monday and I was talking with someone and I asked how their weekend was. And she said, you know, I read all day on Sunday. And I was like, oh my gosh, me too.

Tell me what you read. And we had this wonderful conversation about what she had read and what I had read, and then someone else joined the meeting and we were, we were still talking about this. And so we were kind of talking about what we were reading and it allowed me to kind of bring that feeling of like being refreshed and being rested, like into the end of my day, after like a full day of meetings, because I had this like memory and recollection that I could talk with this person about.

And. Like, so there was a ripple effect, you know, like it's not just in the rest full-time itself, you end up having this ripple effect into your future. And, um, who knows how long that will last, but when I have things like this, where I can talk about what I've done, that I found to be really restful, like, you know, it might be this way.

If you took yourself on a yoga retreat or something like that, like you might talk about it at work and like, be reminded of like how it felt when you were there. It allows us, I think, to bring those memories from the past, into the. So really, I guess this whole concept of the toggle is about past present, future, how we are interacting with ourselves in these spaces, how we are learning from, you know, the things that we need, how we're taking care of ourselves and just this kind of awareness that we have.

Have, you know, really trying to offer these kinds of gifts to ourselves into the future. Now I know that this is a topic that I've definitely tackled, um, in the past, um, speaking of past present future. Uh, but I think it's worth revisiting because it's something I've been giving a lot of thought to, especially when in the present it can be very hard to take care of ourselves when we are kind of booked back to back, we don't have a lot of margin.

Um, and so I need to be reliant on my past self. Prepped the nutritious meals that I'm eating this week and taking in for my lunches, who filled up my snack drawer at work so that I have something to snack on when I don't have a lunch hour to take, um, pre downloaded the audio book that I'm listening to.

When I do have a break, you know, in between meetings, like these are all things that I can kind of prepare for myself to make sure that when I do get a little bit of margin, I'm using it effectively. And I think that it's. Just a level of gratitude that I'm feeling towards myself right now, um, that I'm taking care of myself, even in the midst of a time that feels very stressful and full.

There are these little things that kind of remind me that like, yes, I care about my own wellbeing and I'm trying to build in all these little things as I toggle from past present to future. So I'd be really curious. When this makes any sense to you at all? Because I feel like it's, it's a concept that's a little bit out there, but also if you find yourself doing this, really trying to learn from your past, um, improve your, your present and your future by really train and plan ahead in these forms of self-care reset, rest and recovery.

So you can always use. At hello at Dr. Katie linder.com. I love to hear about your experiences and, um, I hope you are able to build in some of these little bits of, uh, rest recovery and reset into your day sometime soon. Thanks for listening. 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.