You're listening to, you've got this episode 287. 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 offer you permission to relax, and I'm going to give some examples of how I am doing this in my own life right now, because I have let go of a bunch of different things that I'm normal.

Less relaxed about. And I just haven't been able to keep on top of these things in my current season of life. And I've had to just intentionally let things go and that's okay, because this is the season that I'm in. But as I've been talking with my coaching clients and people around me, I'm realizing that maybe more people need to hear this message that it is okay to relax our expectations around certain things.

So let me give you some examples of what I'm talking about. So one example of this is, uh, some of my routines. Now I've talked at length in my blog, on the podcast about various routines that I have, especially like morning routines, evening routines. Um, and I really enjoy routine. This is something that helps me to feel kind of set up for the day.

I like to prioritize and kind of plug things in so that I know that I'm being really intentional about my schedule. And recently. I have really had to prioritize sleep. And what that has meant has been not doing my normal 4:30 AM. Wake up time. Now I've been doing a 4:30 AM, wake up time for a while, and this actually works well for me because I'm a morning person.

I go to bed relatively early at night. And it still allowed me to get a good amount of sleep and feel like I had some really nice solitude time in the morning where I could journal. Um, I could work out, I could listen to an audio book, really, whatever I wanted to do before I got ready for the day. And if I get up at four 30, it's basically two solid hours that I can kind of do whatever.

Now recently, um, I have just felt like I needed more sleep. Now. I think that part of the reason is, um, things have picked up at work. There's a lot going on there and I'm definitely juggling a lot. Um, but also I think because as the weather has started to get warmer, um, and this happens to me pretty much every year, my body has an adjustment period where it starts to get more tired and more fatigued when it gets hotter outside.

And so I've listened to. Now sleep is incredibly important to me. And people have often asked me in kind of a joking manner, like don't you ever sleep? Cause I get a lot done and I am here to tell you sleep is super important to me. And so I always prioritize it, even if that means switching up my routine.

So what that has meant is doing things like prepping overnight oats the night before, which I talked about recently on an episode getting up, um, maybe even like an hour and a half later than I normally would really just trying to not set an alarm. Now I set an alarm for late enough that I'm going to wake up naturally, but I don't want to wake up to an alarm.

If my body is still wanting to get in some extra rest. Now I've been doing this for, I would say the last couple of weeks. And I would imagine I'm going to get back to my typical morning routine. Soon. Once I get through this kind of, um, I think weather related adjustment period, and also kind of a really busy season at work.

But it's really been important for me to let go of that expectation and not push myself too hard, where I'm going to be really tired or I'm going to get sick. You know, like all of these things, I just want to be paying attention. Now another area where I've given myself permission to relax is in some of my habits.

So I've also talked at length in the past about how I do food prep for the week. And I kind of try to really set myself up for success. Well, this past weekend I really needed a recovery weekend. I'd had a very long week at work. I was feeling really fatigued, just exhausted. And so I basically looked at my weekend list and said, The minimum don't push yourself.

I had some client appointments, which I took. Um, but I really just tried to do a lot of reading. I napped. I was really trying to kind of have active recovery time. What that meant was I did not get to my food prep. And so today my partner and I ordered it. Uh, an order of Chinese takeout. So, but I could have a couple days of coverage at work and basically, um, kind of intentionally procrastinate food prep for a little while longer so that I could get to the store, you know, do a grocery order, make sure I had what I needed to be eating healthily.

Uh, the other thing I'll say is last week, when it was super busy at work, we ate out way more than we normally would in the evenings. And it was something that I just had to say, it's one of those weeks, like, I'm just going to let it go. It is what it is. And it did give me some very dedicated time to like debrief each day with my partner, which I always appreciate.

Um, and now we're kind of going to get back into this regular mode of prepping the food that we want to be eating rather than constantly be eating. But I think it was really important to offer myself that permission to understand that this is kind of an anomaly, the weeks feeling really busy, I'm super stressed.

What can I do to kind of relax my expectations on myself and on may schedule to make sure that I'm, you know, nourishing myself somehow, whether that's cooking something for myself or going out to eat and getting it that. Okay. So here's a couple other areas where I've decided to get really relaxed in this particular season.

So I'm looking around and I'm seeing a lot of people making their summer plans. And this is happening with some of my coaching clients. For example, they're looking at their summers, they're trying to figure out their goals. And this is the area where I've really want to give you permission to relax because.

Many of us are feeling like we need a bit of a break and it may not feel restful to do that planning right now. And it may be that you want to actually save that planning until later on in June or even July. Like many of us have said, you know, February is the new January in terms of goal setting, give yourself a rest period, because I think part of what we ended up doing is, um, maybe over-complicating our summers or adding more in.

We're trying to make ourselves feel better about, you know, um, V feeling so tired right now. So we're like pumping in more goals, more tasks, more things we want to get done. And I would really encourage you to think about what is a reasonable set of things that you want to get done this summer. And I'm actually, um, I'm scheduling myself to do some like house projects, which I talked about on the blog a few weeks.

But other than that, I know that I have a lot going on at work. And I'm just like, kind of going to encourage myself to read a lot. I mean, like, that's basically my plan for the summer. I'm hoping to take like a week of vacation at some point. I'm not even sure when that's going to happen. Um, but normally I would schedule like all of this stuff out in advance.

I'd have all these goals and I'm really just giving myself permission to be a little bit more spontaneous. With what that looks like as I head into the summer season. Now, one of the most important things about giving yourself permission to relax is that when you give yourself that permission, you're releasing any sense of guilt.

So last week when we were eating out all the time, I was like, you know what, I'm just not going to feel guilty about this. Like, it's fine. It's more money than we would normally spend. It's not the most nutritious food that I would normally eat, but it is what it is. And I'm going to let those things go and I'm just going to enjoy it.

I think for all of these kinds of situations, when you're telling yourself, like I'm not going to do this, maybe in the most ideal way or in the way that I normally would, you're also releasing the expectation of what you're going to feel after that decision is made. So I'm going into the summer kind of understanding that it's going to be a little bit more of a spontaneous time for me and that's okay.

I need the room and the margin for whatever might come up in my schedule. And I don't want to be kind of over-scheduling myself with other things that I want to go. Now I also am feeling this way about any vacation plans that I might make this summer. And for me right now in this particular season, vacation is going to be like a staycation.

It would just be being in my home for maybe like a week. We're not going to go anywhere. We're not planning on traveling. Um, but I don't want to over plan what is going to happen in that particular week. I need to just kind of let myself relax about what that could be. What I might get accomplished and maybe it'll just be a week where I'm like reading and resting and, uh, that's it.

So part of this idea of giving yourself permission to relax is knowing that you are releasing yourself of any guilt that you might feel later on when you think, oh, I could have gotten so much more done. If I had just made a plan. Well, you're, you need to trust your past self. You need to trust that that person was not in a mode, that they were ready to do the planning or that they were just too exhausted to be making those kinds of decisions at that point.

And that's okay. It's okay for us to relax our expectations of ourselves and of our situations, because sometimes we're just too tired to make a plan, or it's just not the right mode that we're in at the time. Now I am very excited. When I look forward to summer, I'm excited about the books I'm going to read.

I'm excited about the weekend naps that I'm going to fit in. I'm excited about, uh, summer fruit and being outside. And there's all kinds of things that come with this season that I'm really looking forward to, but I'm allowing myself to kind of let go of other kinds of goals that I might typically have set for the season.

Because really in the job I met now that the season is not that different from what I'm normally doing during the school year. And so, um, there's not a lot of room to add in that kind of stuff right now. And that's okay. So if you need to hear this right now, I want to make sure and give you that permission to just relax.

It's okay. If your routine has gotten thrown off a little bit, or if you're not quite doing the habits you normally want to, or if you haven't made that summer place. It's okay. You'll get around to it when it's the right time, you'll get back on the horse. If you need to get back to these habits and routines, and if you found yourself kind of falling out of some of this stuff, you can eventually work your way back.

There's plenty of time. There's plenty of space and, uh, no need to feel guilty at all. So I would love to hear if this is the mindset that you're embracing as you head into this summer, you can always email me at hello, Dr. Katie linder.com. I always love to hear. Thanks for listening. Thanks for listening to this episode of you've got this.

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