You're listening to, you've got this episode number 288. 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 pose a very important question and I actually want you to stop and think about it for a moment because, uh, you might have to pause the episode and really try to remember what this could be real.

So my question is when was the last time that you were both relaxed and happy, happy, and relaxed at the same? Time. Now the reason I'm posing this question is because I was recently reading a book and one of the characters was described as happy and relaxed, and it just stopped me in my tracks. And I just thought that is a feeling I don't know that I have felt for a while.

And, and let me explain a little bit more about why. So I do feel like I am happy a good amount of the time and part of the challenge of like the happiness and the relaxed is that sometimes I'm happy because I'm doing. Work or I'm working on a project or I'm able to like check things off my list, but because I am such a list person and I'm so focused on kind of getting things done, there's always something else that I could be doing.

And I'm always making the plan for what I can do that next thing, even if it's not right now, I'm looking at my calendar for the next day. I'm like planning out the next meeting, trying to figure out what I have free time to get this done or that done. And it's very difficult for me to think of times when I have the feeling of being happy and being relaxed.

Now, when I'm relaxed, I feel like I'm typically happy. So that, that doesn't go both ways. It's not like I'm relaxed and unhappy. It's more like, uh, it's hard for me to build in relaxation to the happiness. So I'm really curious if you are feeling that same time. So it got me thinking about what are some examples that I can think of when I could identify both things happening at the same time.

So let me give you some examples from my life to see if maybe this would show up in your life. And of course, I want to hear your examples too. So one of the first things I thought of was years ago, this is how much this sticks out in my mind. Years ago, there was a Thanksgiving break where I worked in the morning on the Wednesday before Thanksgiving, and then I went home for the afternoon and I ended up taking the most amazing nap on the Wednesday afternoon before Thanksgiving.

And I remember waking up feeling so relaxed and so happy. And I. Like took a moment to be like, why, why am I so relaxed and happy? And it was because I knew nobody needed me for anything because it was the Wednesday before Thanksgiving, nobody was in the office, nobody was getting anything done. I think we even had like a half day officially, you know, like nobody was at work, nobody was sending emails.

And I also knew I had the holiday weekend to just be away from the office. And I remember how relaxed I felt after that nap, because I could truly like release and let go and not have to worry about like what was going to get done. So that was one of the first things that occurred to me when I was like super relaxed and happy.

The other example that I thought of almost immediately was that period of time at the end of the yoga session, when you are doing corpse pose. Now, this is basically, you know, the Shavasana at the end of the session, when you, um, you can kind of guide your body into a state of really deep relaxation.

Sometimes this is through like a body scan or just through, you know, like a small amount of meditation. But if you've had a really good yoga session, That part of the session can be very relaxing. And typically, um, for me, that's also a very happy place for me to be too, because I I've just kind of like spent the time in my body.

I'm not as much in my head and I've been able to kind of let go of the stuff that's on my list. I am like still thinking about this question and trying to figure out how can you build in intentional moments into your day or your week or into a season where you have this feeling of being relaxed and happy.

And here's, here's what I've come to realize is I feel like this is something that I have to give myself permission for. No one else is going to do it. Um, and I think about, for example, recently I took a day off of work. And my goal for that day off was to actually just have unscheduled time. I didn't have a plan.

I didn't have, you know, in the past you might've heard me talk about like mini retreats and things like that. I didn't, I didn't want to do that. I just wanted to kind of rest and recover. Well, what is the first thing that I do when I get up, I've made a list because of course I had things that I wanted to get done.

It was like unscheduled, unstructured time. Um, and it felt really good to kind of work through the list. I really enjoyed it, but I didn't have that feeling necessarily of relaxing. Now part of this was because, um, I had these things that I wanted to get done, which included building like some bookcases and things like this, like stuff that's tied with my summer house projects.

Um, there were some tables we wanted to set up and like furniture had to put together and I spent the time listening to audio books. So it was actually a really fun day. Like I enjoyed what I did. I got a lot done. I felt really good about. But at the end of the day, I didn't necessarily feel, uh, relaxed because I just had so much still on my mind that I wanted to get done for the weekend.

And, you know, like it, it wasn't something where I could just kind of let go. Now also I'm in a mode right now at work because of some projects that are going on, where I had. And I'm so ashamed to admit this. I did not put on an out of office, um, on this day because I didn't want people to feel like they couldn't ask me questions about this project that I have going on at work that is very intensive.

And I let people know I was going to be out of the office and people were great. You know, like I wasn't getting a lot of email, but I didn't want to. Um, not be responsive to certain things that were coming into my email box. So I kept an eye on that. Um, I also had, you know, my assistant was still working that day, so I kept an eye on my texts in case she needed something.

She knew that she could text me and there were one or two things that kind of came in throughout the day that I took care of. So it was just one of those things that it reminded me of. I have to choose. I have to let go. I have to truly be away if I want to be a way, and I'm not going to get that relaxed, happy feeling.

If I'm still, you know, one foot in the door of the office and trying to kind of stay attentive to what's going on. Um, and that's on me. That's not another people that's on me to make that. So it's really gotten me thinking about how I want to take vacation during the academic year, even during the summer, I'm trying to take a week off this summer.

And I really do think I need to try to take it off. I need to do what I can before I walk away to really make sure that other people are empowered to make decisions or you know, that I'm leaving kind of a clean plate before I leave the office for a week, because otherwise I'm going to feel tethered.

Now I think that there are probably many of you who are dealing with the same thing. I don't think I'm alone in this. I think that when you have a certain feeling of responsibility for your job, and I don't think this is even tied to like position title. I mean, I think that some of us are just very, um, we care, we care about our jobs.

We care about the people we work with. We care about the people who work for us. We want to make sure that they're, you know, attended to it can mean that we're always one foot in the door and, and it means that we can not untethered. To get that feeling of being like happy and relaxed. So I I'm really curious how this is landing with you, because I feel like there's so much going on in the world right now that does get in the way of relaxation.

It does get in the way of happiness. Um, it's, it's a very triggering thing to like, watch this. See what's happening and we shouldn't necessarily separate ourselves from all of those things. This is the world we're living in, but it also means we're living in this constant state of kind of tension and stress and not feeling that true sense of like release or calm.

And I think that's, that's kind of a challenge. The one other thing I'll say about this, that's gotten me really thinking about it is, um, after many people have recommended it, I am finally reading, uh, the book called burnout and, uh, this was on my, my reading list for this month. And, um, if you're following me on YouTube, I can link to this in the show notes.

I do what I call an alphabet reading challenge, where I pick a random letter from the alphabet and I read five things off my Kindle, uh, that start with this letter and the letter of this month. B. So burnout is one of these books. That's, that's on my alphabet reading challenge list, and I just started it the other day.

And I have just been, uh, turning the pages of this book because it talks about, uh, cycles of stress and how do we release those cycles of stress from our bodies? And it really ties in with this concept. Being relaxed and happy because, uh, our bodies hold tension in all kinds of different ways. And, uh, we had to figure out how to release that because we're just carrying it around with us and it can cause all kinds of issues.

So I'm, this is just on my mind. It continues to be on my mind as I read this book, as I think of. All the different ways that we have to kind of untether ourselves in order to feel that feeling of being truly relaxed and happy. And I would love to hear examples of this from your own life when you feel that state where it's not just happiness and it's not just relaxation, but those things are combined.

There's something really special about that. Uh, I would love to hear what that. Like for you. So if you want to, you can email me at hello at Dr. Katie linder.com. We'd love to hear what this looks like in your life. And of course I'm wishing you all kinds of moments of happiness and relaxation in the weeks and months to come.

Thanks for listening. Thanks for listening to this episode of you've got. You can access show notes and transcripts for each episode at Dr. Katie linder.com/podcasts. If you found this episode helpful, please also consider reading and or reviewing the show through apple podcasts. Um,