**YGT episode 122**

You're listening to you've got this episode 122. Hey there and welcome to you've got this a podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host. Dr. Katie Linder. As an Avid Reader and writer.

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On this episode. I want to talk about end-of-year burnout because it's definitely a thing. I'm feeling it. A lot of my coaching clients are feeling it and I don't really hear anybody talking about it and maybe I'm just not running in the right circles, but people around me are starting to look pretty exhausted and tired and just kind of done with year.

So I wanted to talk a little bit about this phenomenon and also maybe some things to do if you are feeling it in this episode. I also want to give you a little bit of permission to rest because I think that when you have this feeling of burnout, that's kind of what your body is saying to do. So for me and for the people that I've been talking with a lot of my coaching clients are starting to feel, you know, irritable.

They're starting to feel really tired many of us are starting to get sick because as you get to the end of the year you get to that vacation time your stress level starts to lower a little bit and boom. Your immune system also lowers as well. I read somewhere. Once that your immune system runs on stress a little bit.

And so when you kind of lower that this is why so many of us get sick this time of year, especially around break time. The academic world but just starting to feel apathetic not wanting to do much of anything for me. I've been wanting to read fun books all the time. I have been less motivated to work on the weekends in the evenings.

I'm just really wanting to hibernate a little. So I have some ideas of if you are also feeling this here are some things you can potentially do that. Maybe will help get you kind of refreshed for the new year. The first one as I mentioned is resting and this is really whatever this means to you. I actually was talking with one of my coaching clients about having a to-do list for her.

And this is for those of us who really kind of thrive on accomplishment. We really like checking those to do is off and it can be hard to take a rest day or a rest weekend or a rest vacation without feeling guilty about it because there are so many other things you could be getting done. And so what I recommend is to actually create a rest to do list where you are checking things off of the things that you want to get done during the rest period and it doesn't mean that you are just kind of lying in bed the whole time.

Maybe there's some stuff you wanted to do around your house, or maybe you wanted to catch up on some podcasts or you wanted to work on some other kind of hobby projects. But creating that to-do list can really help you to feel like you're doing things with that time that is going to kind of rejuvenate you and get you back into fighting shape for tackling the other maybe work projects on your to-do list.

Another thing I think you can do to kind of deal with end of your burnout is to reconnect with family with friends with your kids with your partner often times throughout the year. We devote our time to all kinds of things that can draw us away from those relationships and now is a good time of the year to just settle back into those.

It's kind of. Built for family time around the holidays and you can watch movies together. You can cook together. There's so many things you can do. So if you've been really feeling that disconnection and want to reconnect especially if you are an extrovert these holiday party times and family times are going to feel really good to you.

Now on the other hand for those into verts out there. I've been really finding it helpful to seek Solitude this time of year to read as I mentioned to listen to podcasts or audiobooks or just to be in silence. I have spent most of the fall in lots of conference spaces. And also just my day-to-day work I interact with a lot of people and it builds up over time and I just get tired of being.

Around others and I just need that time by myself. And so if this is a time of year where you're feeling that and wanting to seek out some Solitude that's another way that I think deal with this burnout a fourth way to deal with and of your burnout is to reflect. And to compile your accomplishments for the year and to really think about what went.

Well, what are the things you're really proud of in terms of your work and I think that this can be something if you're feeling kind of apathetic about adding one more thing to. Wait or wrapping up one more project or crossing off one more to do go back and look at all the things you've already done because there's a reason you're feeling this burn out and it's probably because you were very productive throughout the entire year and Academia kind of doesn't always affirm that sometimes we have to affirm it for ourselves.

Academia is a place where we're always being asked to do one more thing. There's always something waiting in the wings and it never feels like enough so. We look over what you've been able to accomplish. I'm going to be doing this in the next couple of weeks. I'll be sharing some things on the podcast about my own accomplishments list for 2018.

The things that I'm the most proud of so I encourage you to reflect as well and I'll be offering some guidance on how to do that in the future shows. And then the last thing I think and it kind of goes back to this rest idea is self care in general. So breast wise that can mean going to bed early or taking a nap.

It can also mean getting that haircut that you've been putting off for going to the doctor or the dentist or doing things that you really need to do to take care of yourself. And it's another great way to end the year kind of fresh and thinking about how you can get yourself. Physically back to where you need to be for some people this time of year.

It also means going to a therapy appointment or reconnecting with a good friend and having a good talk about, you know things that are going on in your life and mental health emotional health is just as important as our physical health and that's a big part of self-care as well. So I wanted to just a firm for anyone who's kind of feeling this end of your burnout.

I'm feeling it too. It's been a long year. There have been a lot of projects going on. It's not quite done yet. I have the next couple weeks that are very busy and recently. I you know, I fell down with a little bit of a sinus infection took an entire weekend to rest get lots of sleep be hydrated.

And I'm trying to kind of get back to good shape so I can go back and wrap up those last few projects. So I'm here with you and if feeling a little bit of the word out, and I'm using these techniques in my own life to make sure that I'm taking care of myself through this kind of challenging period of the end of the year.

So thanks so much for listening for hanging in there. I love to hear your techniques for dealing with end of your burnout. You can always email me at contact a kitty litter dot work or you can tweet to me. He double underscore lender, or you can always find me on Instagram at Katie underscore Linda.

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