**YGT episode 134**

This episode is brought to you by seven weeks to radical self-trust my new group coaching program designed to help you to develop a consistent practice of purposeful actions rooted in your capacity for steadfast self awareness and self loyalty through the program. You'll develop self Knowledge and Skills that will lead to an alignment of values with actions Clarity of Direction and peace with decision-making increased self-confidence and self acceptance magnetism energized focus and meaningful productivity.

Learn more and register for the next offering of seven weeks to radical self-trust at Katie litter dot work / rst. You're listening to you've got this episode 134. 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 life.

I'm your host. Dr. Katie Linder. On this episode. I want to talk about dealing with disruption because as I record this part of my house is being. Modeled and if you follow me on social and particularly on Instagram stories, you've been seeing some of my updates over the past week or so and I cannot tell you how discombobulating it is to have part of your house not available to you.

It's so disruptive to your routine and I'll be honest. I'm surprised by how disruptive this has been this process and I can also say that the process has been going. Swimmingly. It's going really well, but it's still been really difficult. So I thought I would talk about on this episode what it's been like to deal with this disruption and offer some things that have been helpful for me along the way because as I've talked about this remodel all these other people I know are also doing remodels and so we're we're kind of commiserating with each other.

So one thing I think that's been really helpful during this process is I really have tried to just let things go if I can and one good example of that was today. I was actually planning on releasing a different topic on this episode and I switched it at the last minute because my mind is so focused on this disruption and this remodel that I didn't feel like I could record the original topic I had planned so I moved it to next month and decided to talk about this instead.

And I just had to let that go that my content calendar was not going to stay what I had originally thought it would but also if you've gone through any kind of remodel or construction process, you know, that things get moved around a lot. And even today we got a couple of our sinks in our upstairs of our house because we decided at the same time of doing the kitchen that we would upgrade a couple of our bathroom vanities, which meant that we had three of the thinks that would normally be working in our house not.

At the same time we had one sink in a half bath downstairs that we could use for several days including over a weekend, which is a little bit challenging. But today the plan was to get all the sinks plumbed and working again and the kitchen is still not done the upper bathrooms are but, you know, these kinds of things happen all the time.

And also we're trying to coordinate an electrician and some other people coming later this week and it's just been kind of a. Project management challenge because it's meet with my partner trying to do all of this stuff at the same time. So there's lots of communication between us but even then he's handling some of these pieces.

I'm handling others and it's just been really interesting to kind of try to make all the things fit together in the right schedule. So as you can hear just from how I'm telling this story, I'm feeling discombobulated in terms of you've been explaining what's been going on. But the other thing that we're looking forward to in this project is refinishing are downstairs wood floor and expanding that wood floor into this kitchen that's being remodeled that starts next week.

And that means we have to remove all of the furniture from the downstairs of our house. So the chaos will continue for another couple of weeks, but I. Get to what's helping me? Okay, so given all that. Let me tell you some of the stuff that's actually been helping me to deal with this disruption and deal with A disruption of routine.

And I think this is really applicable in any point in your life would maybe something happens unexpectedly. This was definitely expected. We knew to some degree what this was going to be like we knew how long it would take but. I've never lived through a remodel like this. So to some degree I knew what I was expecting but I also really didn't so a couple things that we did other than just kind of relaxing our expectations of time and kind of letting things go.

We definitely found some convenience food, and we've been doing a lot of takeout. And this was something that we actually built into the budget for this project. We knew that we were not going to be able to cook the way that we normally would and because of the layout of the downstairs of our house.

There isn't a lot of room to prepare food with the kitchen counters were not installed there really wasn't much we could do other than order takeout or go out to eat. So we knew that we were going to do that that has been a little bit challenging just because we do have dietary restrictions. I'm eating a lot less vegetables and I normally would which has been just.

And I'm really looking forward to getting back to the kind of dietary preferences that I really prefer and then I'm used to but even tonight as I record this my partner is going out to pick out Chinese takeout because this is this is where we are in our schedules. I also did go to the grocery store and get some pre-made Deli items that are just what I can keep at work.

I bought some yogurt. I bought some fresh fruit just things that I can keep in the mini fridge at work so that I'm not worrying about prepping lunches. In my house because that's been really challenging and then I've also basically been eating the same thing for breakfast everyday and I do have access to a toaster and so I've been using that but really just trying to be as basic as possible in terms of what we're eating and what we're preparing the other thing that's been a little bit challenging is it's not really Pleasant to be in the downstairs part of our house because it's full of dust and it isn't really worth it to us at this point to clean that given that we're going to be refinishing.

Lures so we've just really avoided the downstairs which has very much changed our routine in terms of like sitting down in front of the television at the end of the day. We spend most of our time upstairs. So the good thing about that is I'm getting a lot more reading done because I'm kind of tucking away at the end of the day and reading my fun books and really at this point because it's so disruptive and I'm having a hard time just paying attention to things because of all this stuff going on in.

House and a lot of my kind of mental energy is going to coordinating that it's been really nice to take a break at the end of the day and do that fun reading and I'll also say over the last weekend. I basically did the same thing other than going out a couple times to grab meals. I was tucked away reading most of the weekend and just trying to kind of survive the fact that we do not have our our typical things that were used to like Plumbing in our sinks and those kinds of things.

Now, I'm sure some of you are listening to this and thinking wow. This is an episode about first world problems. And yes, it is completely an episode about first world problems. This kind of disruption is totally something we brought on ourselves. It is totally something that we elected to have happened that we are paying for because all of the people who are in our house helping us do this Remodel and it is a huge privilege that we are not doing it ourselves and that we are not having to learn all the things that.

I would have to learn to do this well, but at the same time sometimes these are the kinds of disruptions that we have. These are the kinds of things that feel very discombobulating and after having recently moved my office at work as well. It's a lot it's a lot of change and it's a lot of disruption to routine and I'm definitely someone who functions well when I have routine.

So I think it's important to acknowledge. If you are in a space where you're feeling disrupted for whatever reason that you will function differently cognitively you will function differently emotionally, you will function differently. I've definitely had more kind of fights with my partner during this process because we're both stressed out.

We're both out of our comfort zones, and he also functions really well with routine and change is really hard for him. So this whole process has been pretty try. In for both of us and we've had to be really careful about how we're treating each other and making sure that were communicating and apologizing when things are coming out of our mouths that we don't really mean and that we're just really stressed out but I think that even just acknowledging that this is a short-term thing.

This is something that we're dealing with that is eventually going to settle down and we do have an end in sight in terms of when all these things will be done allows us to kind of deal with the day-to-day. Stresses of things not going exactly as planned or questions that come up about any part of the process that we can deal with that and we can kind of take it on a day by day and sometimes even an hour by hour basis.

So I know that many of you have gone through some kind of disruption in your life and. May or may not have been related to some kind of remodeling your house. But I guess what I want to offer is just permission to take it easy to step back and give yourself some kindness and some Grace if you are not someone who deals well with this kind of disruption.

And also it's been really helpful to just let people at work know that I'm dealing with this and that you know, my home life is not you know, the way that it normally is and I'm having to be kind of flexible with my schedule to make sure that I am available, you know when I need to be and everyone has been really great.

So letting other people know that you have this going on to is is really important. So I feel like that was not as organized as an episode is what I normally do but I wanted to be kind of real and honest about what I have going on in the background and at this point, I'm definitely kind of playing a little bit of ketchup with some of my own to do items to stay on top of everything.

But I wanted to release this give you a picture behind the scenes and if you want to follow along I do have a story saved and Instagram stories. You can find me there at Katie underscore lender and it shows the before and after of this kitchen remodel if you want to check it out. Of course, you can always contact me on Twitter at Katie double underscore lender, or you can email me at contacted Katie Leonard artwork.

And of course now, you can also write me a letter if you want to mail it to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one I've had. So many fun letters so far just to give you a quick update on that and I just got in the past week 2 of my first International letters one from Canada and one from Australia.

So thanks to everyone who is mailing in their letters. I've had such a fun time reading them and also responding to them. So thanks for checking out this episode. I'll be back tomorrow with an update on thing right revised and also later in the week with an another episode on lifework QA. Thanks for listening.

Thanks for listening to this episode of you've got this show notes. A transcript for this episode can be found at Katie Linder dot work / podcasts. You've got this is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose.

Learn more about the rst channel ikt Leonard at work / podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.