December Winter Blues Podcast:

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00:00:07.259 --> 00:00:18.180

Cameron Lindsay: Hello everybody! And welcome to the peer education podcast. It’s “I'm doing fine”. And I'm Cameron Lindsay and I will be talking with my fellow peer educator today, Carly, James.

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00:00:18.630 --> 00:00:26.100

Cameron Lindsay: And we're just going to kind of go over some of the things that might apply to some of you might not, but we're hoping that this will be a good

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00:00:26.520 --> 00:00:41.850

Cameron Lindsay: Podcast. And so we're going to just talk about the winter blues going back home, some holiday stresses and a little bit of a more serious topic with seasonal affective disorder. And so, Carly. Are you planning on going home?

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00:00:42.480 --> 00:00:59.220

Carly James: Yeah, so I am. Which I actually can't even like wrap my head around the fact that it's about to be our semester break and the holiday season coming up. So I'm still wrapping my head around all of that, but I will be going home after finals probably...

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00:01:00.270 --> 00:01:02.010

Carly James: Later in finals week

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00:01:02.040 --> 00:01:09.960

Carly James: I'll be heading home for a few weeks and then I do plan on coming back here early to my apartment.

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00:01:10.560 --> 00:01:20.130

Carly James: So, I'll probably be home for on two or three weeks and then I'll come back about a week and a half before a second semester starts just because I know being in that environment will be

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00:01:20.610 --> 00:01:38.310

Carly James: A little exhausting and stressful for me. So, I think to give myself that space to get back here earlier is something I can do for myself with everything coming up next month, and through, you know, January. Um, but yeah, I mean, you're already home right Cameron.

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00:01:38.790 --> 00:01:53.310

Cameron Lindsay: Yep, I'm home. And I'll probably be home until just a few days before the next semester starts, mainly because like you. It's just, I like to have everything situated right before the starting of the semester, like I like to have all my notebooks labeled and ready to go. Small giggle\*.

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00:01:54.480 --> 00:02:06.300

Cameron Lindsay: Yeah, so like that's something that I find really important. And so I know going back home is just stressful. In general, because you know you're worrying about

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00:02:07.500 --> 00:02:13.560

Cameron Lindsay: If you're going home with a week finals how you're going to deal with that, you know, how do you change responsibility because

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00:02:14.010 --> 00:02:23.550

Cameron Lindsay: You know, it's…. a different. It's a different beast. When you're in your own way and then we've got to go back home and it's definitely very interesting that's

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00:02:24.900 --> 00:02:25.950

Cameron Lindsay: Could be hard to cope

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00:02:25.980 --> 00:02:26.640

Carly James: yeah.

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00:02:27.720 --> 00:02:32.460

Cameron Lindsay: I know like homework. It allowed house could be pretty difficult sometimes

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00:02:32.970 --> 00:02:33.840

Cameron Lindsay: Stuff and

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00:02:34.620 --> 00:02:36.300

Cameron Lindsay: Like, is there anything that you do for that?

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00:02:36.720 --> 00:02:42.990

Carly James: Yeah I know for me when I'm transitioning back to being in my home environment.

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00:02:44.160 --> 00:02:55.950

Carly James: Even like if it isn't for a long break or if it isn't for our semester break if I just go home for a weekend and I have to approach doing homework there my go to is definitely, I try to find a neutral room.

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00:02:56.880 --> 00:03:10.290

Carly James: One where there won't be too much going on. I won't be disrupting anyone either watching TV or whatever else is going on in other rooms and I definitely plug into music and then just focus, but I know

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00:03:11.250 --> 00:03:22.860

Carly James: Music is my go to to zone in and like get things done because it definitely helps me to know what's going on around me, but that is definitely my go to, especially

Cameron Lindsay: Yeah

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00:03:23.670 --> 00:03:27.780

Carly James: Trying to approach that in a different environment than I'm used to. So

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00:03:28.230 --> 00:03:29.730

Cameron Lindsay: Blasting Beethoven that's

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00:03:34.590 --> 00:03:42.000

Carly James: Um, I think, too, though, even before we get too much into like what stressing

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00:03:43.440 --> 00:03:58.320

Carly James: More difficult things can come up during like semester breaks for those of us who are going home or going back to an environment that we spend our time in when we're not at school. I think it is good. Just want to talk about what the good things are about going back to that environment.

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00:03:58.320 --> 00:03:59.280

Cameron Lindsay: For sure. Good.

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00:03:59.730 --> 00:04:10.020

Carly James: reminder for us to turn back to in stressful moments I know for all of us. That isn't necessarily true. Sometimes there really isn't much to look forward to going back home.

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00:04:11.550 --> 00:04:19.770

Carly James: So that's when we focus on the things we can do for ourselves, but I don't know, Cameron, what is it that makes you happy to be home or you enjoy

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00:04:20.370 --> 00:04:29.790

Cameron Lindsay: Oh my gosh, it's definitely heading my puppies. For one thing, and then it's also just kind of like the community and like the laughter in my household

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00:04:30.210 --> 00:04:39.960

Cameron Lindsay: Like, I don't know, there's just something about coming home and just like sitting around the table with my grandma and my mom and just laughing together watching movies.

Carly James: Yeah. For sure.

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00:04:40.350 --> 00:04:41.160

Cameron Lindsay: Like, that's just

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00:04:41.760 --> 00:04:48.840

Cameron Lindsay: That's something that I really, really appreciate. Yeah. And that was something that also throughout the semester you know that like little feeling of like

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00:04:48.840 --> 00:04:57.570

Cameron Lindsay: homesickness that was what I'm always miss. I always missed with the laughter that was within my household. Yeah. Is there anything for you that comes up with that.

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00:04:57.900 --> 00:05:00.300

Carly James: Yeah I know for me, Um...

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00:05:01.380 --> 00:05:09.600

Carly James: Definitely, like you said, with your dogs I we have two kittens at my house that I absolutely love and just spend all my time with when I can.

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00:05:11.190 --> 00:05:12.810

Carly James: They are the best.

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00:05:13.110 --> 00:05:16.440

Carly James: cuddly little things that refuel me and all the ways

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00:05:17.670 --> 00:05:23.310

Carly James: And also, I definitely enjoy being able to be with my mom and my sister can come home to.

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00:05:24.330 --> 00:05:27.780

Carly James: Being like you said just having that time with them to laugh and like

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00:05:27.780 --> 00:05:36.180

Carly James: Yeah, be together, especially with my sister and I, growing up and not being home as often. So when we get those chances to all be together at the same time, it is

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00:05:36.300 --> 00:05:39.240

Carly James: Show great. And it's so refreshing.

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00:05:40.590 --> 00:05:46.140

Carly James: And really just doing the little things, like you said, watching shows watching movies or out making food together.

Cameron Lindsay: Yep.

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00:05:46.590 --> 00:05:52.860

Carly James: just being back in that home environment is it is nice, even though it does come with those like annoyances

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00:05:52.860 --> 00:05:53.100

Yeah.

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00:05:54.720 --> 00:06:08.040

Carly James: Because it is, it's a huge transition. Once you're once you're at college doing your own thing and then use your own independence and making your own plans, making your own schedules going back into an environment where that wasn't really always the norm.

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00:06:09.540 --> 00:06:11.340

Carly James: Can be pretty tough.

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00:06:11.910 --> 00:06:14.190

Carly James: You know, it is about coming up with those new

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00:06:14.250 --> 00:06:16.350

Carly James: Ways to cope and work through

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00:06:16.950 --> 00:06:17.490

Situations.

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00:06:18.720 --> 00:06:20.010

Cameron Lindsay: establishing boundaries.

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00:06:20.100 --> 00:06:33.240

Carly James: Yeah, I think that's the biggest thing is like really identifying the boundaries that you need to establish for yourself and you know I'm having those things in mind before you even had back if you are heading back, um,

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00:06:34.200 --> 00:06:42.330

Carly James: And also giving yourself the space in the room to have conversations with the people that you might be around if you're leaving school

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00:06:42.840 --> 00:06:51.960

Carly James: During semester break. You know, being able to stand up for yourself and advocate for yourself in the sense of saying, hey, you know, I really just need to be on my own for the next hour, a couple hours.

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00:06:51.990 --> 00:06:59.160

Carly James: I'm reading my room. If you need me, you know, maybe knock or text me or something.

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00:06:59.190 --> 00:07:00.510

Cameron Lindsay: yes

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00:07:00.510 --> 00:07:01.770

Carly James: mean that I'll be available.

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00:07:03.090 --> 00:07:07.260

Carly James: To give yourself that space in that room to decompress I think it's really important.

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00:07:08.700 --> 00:07:18.540

Cameron Lindsay: Cuz it's always important to, like, you know, handle the boundaries conversation with both grace and assertiveness.

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00:07:18.990 --> 00:07:28.560

Cameron Lindsay: Where it's just like, Hey, you know, like I'm not to take this exam I really just need it to be quiet. Like, I, I just, could you please do this for me.

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00:07:28.950 --> 00:07:42.000

Cameron Lindsay: Essentially, and just being able to, like, for lack of a better way of putting it, just kind of be like, this is what I need, I need to communicate this with you, period.

Carly James: yeah

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00:07:42.330 --> 00:07:43.950

Cameron Lindsay: and leave it at that.

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00:07:44.370 --> 00:07:55.140

Carly James: Absolutely. And I think, too, like it's not. It's never too much to ask. It's never something that is like debatable, in a way, like you

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00:07:55.290 --> 00:08:04.590

Carly James: Should always put your needs first for yourself, especially when you know other things are going on, and especially with just the stressful year that we've had, like, there's

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00:08:04.620 --> 00:08:17.370

Carly James: Factors at play that are going to make things more trustful and more difficult to work through. So having those conversations and giving yourself that space to establish what you need to establish is so important and so necessary.

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00:08:18.060 --> 00:08:18.390

Cameron Lindsay: Yeah.

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00:08:19.470 --> 00:08:37.350

Carly James: So yeah, and like, even with that. I guess sort of going off of the idea with all of the changes we've had this year with a pandemic and coven that definitely makes semester break especially different this year. Um, so

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00:08:38.460 --> 00:08:39.150

Carly James: I know what's

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00:08:40.200 --> 00:08:52.440

Carly James: The holiday season, or even just having that extra time off that we have. We might not be as able to see all of the family members, we're used to seeing or doing all the things are

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00:08:54.480 --> 00:09:03.090

Carly James: really being able to celebrate the same traditions that we might celebrate in the years past, and that can be difficult. That can be add an extra layer of

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00:09:04.050 --> 00:09:13.530

Carly James: Sadness. And I'm more of a requirement for like those times to check in with yourself and to give yourself that space. What do you, what do you think about that.

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00:09:14.520 --> 00:09:15.810

Cameron Lindsay: I definitely agree.

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00:09:16.200 --> 00:09:17.310

Cameron Lindsay: Like I know

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00:09:18.270 --> 00:09:31.650

Cameron Lindsay: At least for me, you know, the holiday season that always brought me so much joy and happiness, especially to see the rest of my family members, but with everything having to be distanced or

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00:09:33.030 --> 00:09:38.310

Cameron Lindsay: Just like it's not the same. It definitely is a little sad, but I also have to remind myself like

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00:09:39.480 --> 00:09:40.950

Cameron Lindsay: This isn't permanent

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00:09:41.460 --> 00:09:49.890

Cameron Lindsay: It's not forever, but also it's important to keep in mind like you got to do what you gotta do, just to keep everybody safe.

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00:09:49.920 --> 00:09:51.150

Cameron Lindsay: And healthy so that you can

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00:09:51.150 --> 00:09:52.560

Cameron Lindsay: Keep on those traditions next

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00:09:52.560 --> 00:10:00.570

Carly James: Yeah, exactly. And I think that is such an important reminder in a really good example is things to remind ourselves of in those moments when we're

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00:10:01.050 --> 00:10:18.210

Carly James: Feeling, you know, we're upset about the different changes we see going on. But yeah, I love that point you made of how that reminder of, you know, this isn't permanent and there's also reminders of still finding joy within the situation we're in.

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00:10:19.230 --> 00:10:22.590

Carly James: And even if that's just, you know, being able to do the things that you usually do.

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00:10:23.040 --> 00:10:29.730

Carly James: Maybe it's not with all the family members are all the people that you're used to, um, there's still ways you can do them in small ways

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00:10:31.020 --> 00:10:32.040

Carly James: And I think like

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00:10:33.390 --> 00:10:49.290

Carly James: falling back on those different techniques that we've probably all established now with the changes this year and like communicating virtually or over the phone. More like those are still things we can do during the season and

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00:10:50.460 --> 00:10:51.900

Carly James: The extra time we have off.

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00:10:52.980 --> 00:10:56.520

Carly James: And those are things that definitely fall background and remind ourselves of for sure.

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00:10:57.420 --> 00:11:04.950

Cameron Lindsay: Oh yeah, and like the thing that I also do is since I am back home, like, one thing I do every single year is I'm bake cookies.

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00:11:05.310 --> 00:11:08.280

Cameron Lindsay: Yeah. And so this year. One thing that I'm trying to do more of

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00:11:08.640 --> 00:11:11.400

Cameron Lindsay: Is like having my family be there because

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00:11:11.790 --> 00:11:13.140

Cameron Lindsay: my extended family isn't

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00:11:13.140 --> 00:11:16.050

Cameron Lindsay: There and it's like my close knit family there.

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00:11:16.080 --> 00:11:18.600

Cameron Lindsay: Is there and they get to bake those cookies with me.

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00:11:18.720 --> 00:11:21.570

Cameron Lindsay: Yeah, and the smell.

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00:11:22.710 --> 00:11:25.170

Carly James: Of us. We have the same. It's the same thing.

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00:11:25.410 --> 00:11:27.000

Carly James: We have a baking day

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00:11:28.260 --> 00:11:42.570

Carly James: Tradition kind of thing. But yeah, I think it's allowing yourself to still do those things. Yeah, even if it's not what everyone that you plan are done in the past, still giving yourself the space to, you know, enjoy that and have that moment of joy, for sure.

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00:11:44.040 --> 00:11:45.360

Cameron Lindsay: Yeah

Carly James: yeah

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00:11:45.540 --> 00:11:47.430

Carly James: Especially when we have time away.

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00:11:49.080 --> 00:11:56.760

Carly James: From school and from classes like it's a huge time for us as students to really reflect on

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00:11:57.300 --> 00:12:11.940

Carly James: Where we get our energy from how much we exhaust ourselves during the school season and I'm really having all the time that will have to hopefully get some opportunity to recharge and Get rest. Yeah.

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00:12:14.010 --> 00:12:14.520

Carly James: Because it's

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00:12:14.610 --> 00:12:16.260

Carly James: A wrestler needed. Yeah.

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00:12:17.280 --> 00:12:27.660

Carly James: Even if you know some of us still have to work or whatever our breaks might look like on an individual level, you know, I think there's always opportunity to refuel outside of class setting.

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00:12:29.100 --> 00:12:34.860

Carly James: And that is something that we can look forward to, I think, even if that's the one thing we look forward to

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00:12:35.970 --> 00:12:49.380

Carly James: I think that's a good reminder choose just be will be able to say, like, Hey, I have. I'm gonna have time for myself to just be on my own and give myself the time I need to recharge and pop up for next semester, um,

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00:12:49.410 --> 00:12:52.290

Cameron Lindsay: Yeah, that's like a little challenge that we

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00:12:53.160 --> 00:12:55.980

Cameron Lindsay: Give to our give to our listeners is

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00:12:55.980 --> 00:12:56.820

Cameron Lindsay: Find the joy. Enjoy.

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00:12:57.030 --> 00:12:58.140

Cameron Lindsay: Yeah, enjoy.

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00:12:58.200 --> 00:13:00.060

Carly James: The things that make you yeah

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00:13:00.300 --> 00:13:03.540

Carly James: Yeah, giving yourself that space in that time to explore those things.

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00:13:05.280 --> 00:13:06.120

Carly James: I know for me.

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00:13:07.200 --> 00:13:10.950

Carly James: I will definitely be planning on working on more self care.

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00:13:11.520 --> 00:13:22.050

Carly James: Mm hmm. Man, I'm not the greatest at implementing those things during the school season because it can get so hard with being busy and stuff, but it's so necessary that we do those things. So I think

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00:13:22.860 --> 00:13:35.310

Carly James: My little goal for myself will be to try and identify new ways I can like take breaks with myself in recharge during our semester break but also when I get back to school for the next semester.

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00:13:37.500 --> 00:13:45.750

Carly James: And I think that that is such a huge coping mechanism within itself. Um, but yeah, I don't know if you have any thoughts on that either.

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00:13:46.560 --> 00:13:55.650

Cameron Lindsay: Oh yeah I... I know for me, one thing that I'm going to kind of maybe challenge myself with I'm still kind of like in the brink of if I want to do it or not.

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00:13:55.800 --> 00:13:59.640

Carly James: Yeah.

Cameron Lindsay: I want to start maybe doing some more like actual genuine meditations.

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00:13:59.700 --> 00:14:00.720

Carly James: Yes, yeah.

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00:14:02.280 --> 00:14:08.370

Cameron Lindsay: I've been doing yoga lately, and like I think I talked about that in the first podcast.

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00:14:08.400 --> 00:14:10.920

Cameron Lindsay: Yeah, where I was talking about yoga because I love it.

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00:14:11.700 --> 00:14:16.020

Cameron Lindsay: And there was one where it was Yoga With Adrian on YouTube and she did.

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00:14:16.080 --> 00:14:18.630

Cameron Lindsay: A self love and meditation.

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00:14:19.350 --> 00:14:19.890

Cameron Lindsay: And I was like,

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00:14:20.250 --> 00:14:21.210

Cameron Lindsay: I should do that.

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00:14:21.240 --> 00:14:21.960

That sounds great.

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00:14:23.070 --> 00:14:27.120

Cameron Lindsay: Yeah, and of course I brain immediately went to. Okay.

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00:14:28.410 --> 00:14:29.670

Cameron Lindsay: That's 15 minutes

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00:14:29.970 --> 00:14:30.210

Yeah. Giggling\*

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00:14:35.250 --> 00:14:43.890

Carly James: Yeah, I think. Yeah, that's definitely it's funny. Meditation is always my, like, go to when I think of the things I want to try more

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00:14:45.150 --> 00:14:59.070

Carly James: As it is, it's so it can be so beneficial and like it truly is like just completely spending time with yourself and shutting yourself off to everything else around you. Um, but yeah, yoga, same with me. That's something I fall back on a lot

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00:15:00.660 --> 00:15:11.400

Carly James: And definitely utilize for self care when I get the chance. So yeah, and like I think a lot of the things we talked about in our first podcasts.

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00:15:11.970 --> 00:15:23.910

Carly James: Are super relevant. Still, um, I think I know for me, a big challenge will be because I'm someone who's so connected to being outside like that is where I'm refuel the most like being able to go on hikes and meaningful for me

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00:15:24.390 --> 00:15:24.690

Cameron Lindsay: Me to

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00:15:25.020 --> 00:15:36.870

Carly James: Fresh air, like that's just complete removal from whatever I'm currently focused on or stressed on um so in the winter, obviously, that will probably be a little more difficult with the weather.

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00:15:36.900 --> 00:15:50.070

Carly James: Want to see how things go. But, and I do plan on still making sure that I get myself a chance to get outside and just, you know, bundle up prepare for the cold but um I think finding different ways to

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00:15:52.500 --> 00:16:00.000

Carly James: Really get that self care in mind of the fact that, like, you know, changing season means changing activities, um,

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00:16:00.630 --> 00:16:16.890

Carly James: But yeah you know i think it's it's definitely something that's so important alongside those boundaries, like we talked about is having that self care to fall back on and to think about, especially when it comes to handling more difficult aspects of, you know, like the winter months and

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00:16:19.080 --> 00:16:26.310

Carly James: What comes along with that. Definitely. I think we all experience the winter blues, in some ways, but I think definitely

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00:16:26.370 --> 00:16:32.310

Cameron Lindsay: I know for me I am like Lorelei Gilmore from Gilmore Girls.

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00:16:32.670 --> 00:16:35.970

Cameron Lindsay: Where it's like I'll open my window and be like, I smell snow.

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00:16:37.170 --> 00:16:38.580

Cameron Lindsay: I love the snow.

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00:16:38.610 --> 00:16:43.140

Cameron Lindsay: And right now there's no snow, and it's really about me out.

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00:16:43.230 --> 00:16:43.680

Cameron Lindsay: But

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00:16:44.010 --> 00:16:44.310

Carly James: I feel that

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00:16:45.510 --> 00:16:47.460

Cameron Lindsay: I love taking walks in the snow.

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00:16:47.940 --> 00:16:50.070

Cameron Lindsay: Yeah, I will bundle up to the nines.

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00:16:50.130 --> 00:16:55.650

Cameron Lindsay: Just to walk outside with the snow and it's in my hair and I'm just having like a moment.

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00:16:57.120 --> 00:16:59.670

Cameron Lindsay: I like a hot cocoa, ooo. Yes.

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00:16:59.790 --> 00:17:02.310

Carly James: Yeah. The best part of the season for sure.

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00:17:02.400 --> 00:17:04.530

Carly James: Especially the first know like it's just

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00:17:04.770 --> 00:17:05.550

Cameron Lindsay: Yeah, it's magical

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00:17:06.840 --> 00:17:11.550

Cameron Lindsay: And that's the kind of things that you know they that's what fills my bucket.

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00:17:11.820 --> 00:17:12.960

Cameron Lindsay: And yeah, and

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00:17:13.230 --> 00:17:19.200

Cameron Lindsay: That's what kind of does flow into, you know, combating the winter blues, you know,

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00:17:19.740 --> 00:17:33.090

Cameron Lindsay: Is kind of finding like those different self care tips that we just talked about, but also finding what really fills your bucket makes you smile. LAUGH And enjoy life. Like, what makes you feel like the leading person of your life.

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00:17:33.240 --> 00:17:41.250

Cameron Lindsay: Yeah, like I always think back to this one quote that I heard like how are you being the leading leading lady of your own life. And I was like, whoa.

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00:17:41.940 --> 00:17:42.990

Carly James: Yeah, it's

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00:17:44.100 --> 00:17:45.720

Carly James: Like you give me a minute to think about

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00:17:46.440 --> 00:17:46.650

Yeah.

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00:17:47.760 --> 00:17:58.800

Carly James: And I think that is it's that idea of your mindset and like how important it is to adopt like a healthy positive mindset when we can you know because it's not realistic to have

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00:17:59.310 --> 00:18:06.900

Carly James: A winning mindset, the entire time or positive mindset, the entire time, and also the work to really establish one is hard and it's, it takes time.

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00:18:08.100 --> 00:18:16.860

Carly James: But it's definitely something to pay attention to, especially if we don't you know already like is to try and turn yourself in towards that mindset and how

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00:18:17.340 --> 00:18:27.870

Carly James: You find yourself talking to yourself, or how you tend to think through situations because that alone can change so much if you know if you spend the time to say, wait a minute.

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00:18:28.200 --> 00:18:40.350

Carly James: You know how I'm thinking about this, or I'm talking about myself right now really isn't going to help the situation. So how can I sort of turn it the other way to maybe try and find myself some relief in ways that I can

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00:18:41.130 --> 00:18:59.700

Carly James: Yeah, especially with more serious things like Seasonal Affective Disorder, if that's something we're experiencing with the changing seasons having more established self care and healthy habits is so important to combat it um you know and like

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00:19:00.750 --> 00:19:03.090

Carly James: I think what I think of

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00:19:04.440 --> 00:19:13.800

Carly James: For how to cope in those situations is definitely paying attention to, you know, making sure we're sleeping enough, making sure we're eating.

170

00:19:14.520 --> 00:19:30.060

Carly James: Enough, and we're eating good things drinking water is so important. I'm also reaching out for that support from our system is that we know we can rely on when we can, whether that's in our immediate environment or calling someone

171

00:19:31.290 --> 00:19:37.440

Carly James: That we know gives us that support and also you know remaining physically active in different ways that we can

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00:19:38.670 --> 00:19:43.530

Carly James: To just get that different those different activities ourselves and different

173

00:19:43.830 --> 00:19:45.000

Carly James: Opportunities to

174

00:19:45.870 --> 00:19:47.790

Carly James: Reflect and refuel and the ways we can

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00:19:49.470 --> 00:19:50.220

Carly James: But yeah

176

00:19:51.510 --> 00:20:07.260

Cameron Lindsay: Yeah. And even if it's like if with seasonal affective disorder, you know, if things start to get too heavy or it gets too hard, always just feel the opportunity to go reach out to a counselor. Like, I think that is always something that's just really important like

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00:20:07.350 --> 00:20:11.850

Cameron Lindsay: If something if it's with the university counseling center that is wonderful.

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00:20:12.090 --> 00:20:22.650

Cameron Lindsay: Yeah, if it is with a private counselor. That's good too. But just be aware, like if this is something that you struggle with. You can get help and and it's not

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00:20:23.940 --> 00:20:24.780

Cameron Lindsay: Permanent

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00:20:25.050 --> 00:20:25.290

Yeah.

181

00:20:26.700 --> 00:20:31.170

Carly James: And always giving yourself that space to reach out for more when you need it.

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00:20:31.740 --> 00:20:36.780

Carly James: Yeah, it's so important because there's nothing wrong with that. And that's the best thing that you can do for yourself.

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00:20:37.290 --> 00:20:53.490

Carly James: And also, um, the idea of like setting realistic goals, you know, being aware of like effect. Hey, I'm already dealing with a low energy right now. I'm already dealing with a complete lack of motivation. I need to set goals for myself that I know I'm going to be able to achieve.

184

00:20:53.670 --> 00:21:01.140

Carly James: So that I can feel better about it. By the end of the day, because if you're setting goals for yourself that you know aren't even going to be reachable for where you're at the time.

185

00:21:01.440 --> 00:21:18.300

Carly James: Then and that isn't going to help you fill your bucket or get any kind of refueling. So I think that's something that's really important and something that I definitely am still learning to do. I think the goals we set for ourselves can be in do, so much to us.

186

00:21:19.560 --> 00:21:19.950

Carly James: So, yeah.

187

00:21:20.760 --> 00:21:30.030

Cameron Lindsay: Because even with like school. I know for me, like, obviously, it's the week before finals week and I'm like thing myself. Okay, what's realistic. What do I want to get on that exams like

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00:21:30.510 --> 00:21:47.520

Cameron Lindsay: What can I do, yeah. And like I had today. I had like I had to sit my butt down and I was thinking myself. Okay, this is what we're going to have to do plan it out. Figure it out. Let's get it done. Let's make it through the last week. Let's go.

189

00:21:47.820 --> 00:21:49.950

Cameron Lindsay: Yeah, and

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00:21:50.670 --> 00:21:51.120

Carly James: Go ahead.

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00:21:51.180 --> 00:21:52.440

Cameron Lindsay: Yeah. No, you're good.

Giggles\*

192

00:21:54.540 --> 00:22:04.710

Carly James: I think to, like you said, it's so important. I like how you said you know with finals right now everything going on in this moment, because it is so true. Like we talked about earlier. Everything is so different this year.

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00:22:05.220 --> 00:22:14.040

Carly James: Yeah, it's important that we give that space to recognize that, because it's true. This final season. It's like completely more stressful. I'm going to ask

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00:22:14.310 --> 00:22:29.040

Carly James: You. That's just with everything going on around us. So like keeping those goals in this final stretch of the semester realistic so important. You know, maybe we don't do as well as we would have in the past, but that is okay because those

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00:22:29.070 --> 00:22:37.140

Carly James: You know it's establishing enter this establishing new room for ourselves to, you know,

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00:22:37.860 --> 00:22:53.340

Carly James: Focus on what we need to focus on, given everything that's going on and recognizing the fact that, yeah, we don't have the same amount of energy that we've had in the years past. So our performance is going to change. And that is an okay factor like that's a, that's a in okay reality.

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00:22:55.170 --> 00:23:01.260

Carly James: But yeah, I like that point that you make, because I think that is so important and something that has to be validated, you know,

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00:23:01.950 --> 00:23:06.210

Cameron Lindsay: Yeah, even bouncing off of that getting Vitamin D is

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00:23:06.420 --> 00:23:07.290

Cameron Lindsay: Really important.

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00:23:07.740 --> 00:23:15.810

Cameron Lindsay: Like going either going outside like bathing in the sunlight or taking like the actual like vitamin vitamin

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00:23:15.810 --> 00:23:15.990

D.

203

00:23:17.010 --> 00:23:20.520

Cameron Lindsay: And like that can always that also really helps.

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00:23:20.550 --> 00:23:23.580

Cameron Lindsay: Especially winter. Just because you know we live in Michigan.

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00:23:24.300 --> 00:23:24.720

Cameron Lindsay: It's a little bit...

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00:23:24.750 --> 00:23:27.660

Cameron Lindsay: Yeah, it's a little bit darker sunlight.

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00:23:28.590 --> 00:23:34.440

Carly James: Yeah, um, that is that is a really important really important point for sure.

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00:23:35.610 --> 00:23:44.610

Carly James: And I think to um with that idea of being active as active as we can be if everything went on and also with the changing seasons.

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00:23:46.020 --> 00:23:51.120

Carly James: Outside of like physically doing things, you know, making sure that we're staying active in

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00:23:51.750 --> 00:23:53.730

Carly James: Aspects our personal aspects, um

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00:23:54.600 --> 00:24:03.210

Carly James: Giving I'm intention to the things we do, and to the feelings were experiencing giving ourselves a space to really work through them.

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00:24:03.990 --> 00:24:07.110

Carly James: In like making it purposeful purposeful motions going

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00:24:08.100 --> 00:24:18.810

Carly James: On instead of just going through the flow which it is important, you know. Yeah. We should just be able to go with the flow. Sometimes, um, but also trying to make active choices and decisions for ourselves.

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00:24:19.500 --> 00:24:26.430

Carly James: When we can to give ourselves that you know sense of autonomy and also control over different things. Um,

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00:24:26.490 --> 00:24:32.730

Cameron Lindsay: Yeah, which definitely like circles back to the self care thing where it's an active process, you know,

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00:24:32.790 --> 00:24:35.190

Cameron Lindsay: acting in self care and like

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00:24:35.190 --> 00:24:44.490

Cameron Lindsay: Taking care of yourself. You know, it's not just like oh yeah I do self care I drink my water but it's being mindful about it too.

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00:24:44.520 --> 00:24:45.060

Carly James: Yeah.

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00:24:45.120 --> 00:24:48.450

Cameron Lindsay: Yeah, where it's like mindfulness. It's really important.

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00:24:49.260 --> 00:24:56.820

Carly James: Mm hmm. Definitely. And back to that mindfulness is like we had talked about earlier, keeping keeping an eye on our internal dialogue.

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00:24:58.440 --> 00:25:06.390

Carly James: And giving it giving ourselves a space for it to not always be positive, all the time, but also giving ourselves a space to let it be positive when we can

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00:25:08.070 --> 00:25:23.520

Carly James: And to really adopt that that growth mindset. Um, but yeah, I think all of these things. You know that we've touched on, and talked about as much as we can, are really important reminders to work through with finals coming up next week and then

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00:25:23.520 --> 00:25:24.870

Carly James: Yeah, or semester break

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00:25:24.900 --> 00:25:27.480

Carly James: For some of us going home, or even just staying here.

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00:25:28.620 --> 00:25:36.270

Carly James: Whatever that break looks like, you know, making sure we're putting ourselves first and giving ourselves the space and the time we need to refuel and check in.

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00:25:38.280 --> 00:25:55.170

Cameron Lindsay: Yeah, yeah. And don't forget to maintain. You know those healthy boundaries. Stay assertive and just remember that just to find the joy in like the little things. Yeah. And hopefully everything turns out good.

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00:25:55.710 --> 00:25:58.350

Carly James: Yeah. So thank you everyone for listening.

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00:25:58.860 --> 00:26:04.320

Cameron Lindsay: Yeah, thank you. Have a wonderful break and we'll get back to you guys in a month or so.

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00:26:04.590 --> 00:26:05.550

Cameron Lindsay: Two months. Yeah?

Carly James: Yeah.