

Live Well Be Well

Title: Let's Talk about 2021, NOT 2020 "won"

Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is **Ashley**, and my pronouns are she/her/hers -

- and I'm **Carlos, he/him/his**, and we're both Well-Being Peer Educators at UC San Diego, and on this episode of Live Well Be Well, we'll be discussing some of the lessons that we both learned from our time in 2020, and how we plan to carry these lessons into 2021.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

So first off Carlos, how has the new year been treating you so far?

The new year has been great for me so far - I'm loving all the classes I'm in right now, They're very interesting. I'm a third-year student this year so I'm finally getting to my upper division classes, and those are lots of fun. I'm staying safe with the pandemic, cause it's important to just stay safe. I'm still healthy, luckily my family is all safe and healthy so that's always good, and I'm just enjoying classes and enjoying my time on campus. What about you Ashley?

Same here! I'm a fourth year right now, so I'm also completing my upper division courses - those have all been proven to be really interesting and topics that I'm super excited about. I always find the start of a new quarter very motivating. To me, it's like a chance to start over and use some of the things that I even learned from last quarter, whether that be building on some things that were introduced to us from prerequisite courses, or even just like study hacks and stuff like that. But I've also found that a new quarter also brings in it's own new set of challenges. Speaking of this, let's get into some things about 2020, and some of the challenges that I'm sure we faced whether they're good or bad. I know I definitely went through some changes myself, I think school being one of the biggest changes for me personally - from being in the lecture hall 5 days a week, to moving back home and being completely virtual. How about you Carlos?

Yeah, like you said. School's definitely a big one in my life that changed. I'm still on campus as an RA so I'm here making sure everyone's safe with the rules. But the campus itself feels so different, like the school population-wise, like who is here - it's only about like half the students. And additionally, not just school wise, but other aspects of your life

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change also, with some parents having to work from home, having to take care of your siblings and just not being able to go out see your friends. And the activities you do also change a lot, too - from work before it could have been going out to eat with friends is now being on a zoom call with your friends at home a lot of things have changed in the aspect also. The good thing is that people are taking better care of themselves hopefully now and staying a lot safer.

Yeah, I definitely agree. I think one of the things that I found is since I didn't have to commute on campus anymore, since all my classes were virtual, I did have maybe an extra hour to 30 minutes to just kind of be a bit more reflective about how things are or maybe even to just focus on myself - which was nice because I did get some extra sleep in here and there - not a lot, but I definitely felt a little bit more well-rested in some areas. However, I know that it was definitely an adjustment from having to be at home, or having to be on campus and being able to study in a variety of different places which I know really helped me - being able to change my environment from being in the lecture hall, to going to the library, or going to study groups with friends, to all of a sudden just being in one room for, geez, 8 to 10 hours at a time, just working and being on the computer and what not.

I know one of the biggest things also for me was some fitness changes that had to be made because gyms were closed, so it was definitely a learning curve - like okay well what exercise did I want to start doing. So, I don't know Carlos, how's your gym routine changed?

A lot has changed! Like you said, like there's lots of days, with everything being online nowadays, there's lots of times are you just sitting down at your desk for about, maybe like you said about 10 hours for one day doing school work and other things that you have to do online. And then over time, like you just can't forget about working out and if you do want to work out like you said the gyms are closed you shouldn't be going out should be heading your mask on you shouldn't be like going out for runs anything. So like you said, it's about having a spine different things at home I do something I definitely do is every about hour hour-and-a-half I go for like little walk just and it's not good to leave your body sitting in one spot for so long to make sure you go walk around every now and then but also like you said to have two lives start working out cuz when you're just at home relaxing it's so tempting just to walk to your fridge and grab the snack it's different when you're at school you can't just grab a snack when you're in the middle of a lecture but here at home with everything being online notifying schedule you can just be eating your meal like breakfast cereal while watching classes it's a balance having to try to stay strict on yourself instead of putting those on the mental rules in place by yourself in check.

Changes that I've had to make, like well being-wise, I know I really liked weight lifting at the gym and feel like that was definitely an interesting change for me from having to get creative because I didn't have like a home set of weights, and also because I was

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living like an off-campus apartment, even they didn't have like a gym there 'cause everything was closed anyways. So, I ended up like investing in a pair of resistance bands, I bought a jump rope, and so I just kind of got creative with the exercises that I was using and I definitely just tried to keep it varied because I can also -- I also find that I get bored of exercises really quickly. This is why I don't really like cardio in a sense or I don't really just like running. I do like HIIT and stuff like that so I've been trying to implement that more in my routine but yeah fitness has definitely been a little bit of a change since 2020 has started.

yep that's the way I could definitely agree with lots of those points is running a cardio is my least favorite part of the fitness aspect to like recently this year I've been pushing myself motivating myself to go running a lot more forcing myself to do it. so for me it could be extremely hard to focus at home and in my bedroom so for me a great resource was using Google Calendar I took the time to learn Google Calendar and really organize my time having my day in a week scheduled made it very easy for me to stay focus something else I even started doing today focus at home cuz it's like really hard to do that at times is that what's happening on classical music in the background as I would do school work in or just plain and I don't see myself getting so much work done so so for you Ashley what different tools and resources work the best for you to overcome these changes

I think I'm also in agreement with you, I became like a super huge Google Calendar person! I know especially 'cause zoom links for just getting kind of crazy with how often we were on zoom and so I was like "well, I need to figure out a place where I can put all these links in" but also the times that they were at and what not. But I've also found that I definitely get distracted a little bit easier than I thought I did. So, along with kind of exploring like Lo-Fi music during studying, I've also been using like study apps or website blockers like Chrome extensions of sorts like Flora to kind of help you study in like intervals and taking shorter breaks in between. Because then otherwise, I take three hour breaks - but yeah that's kind of how it is now I feel like I've definitely had to learn a lot of self-discipline.

yeah definitely alright so like what I do my Google calendars and everything I realized that with quarantine I have so much extra time I think you mentioned this earlier Ashley that like an hour you like game like an extra two hours not having a walk to your classes back and forth and in that time I find myself doing a lot of like different filler activities I do different things now I like watching TV and just enjoying time cuz the changes that came out with quarantine of getting to spend less time with people that's in the family but lots of filler activities that I do to keep myself sane and not go crazy after being in the room for like 10 hours is going on Zoom of my friends just riding time to pick up new hobbies have you been able to do anything with your extra save time from over quarantine

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Yeah I think this quarter, or even last quarter especially, I've been able to spend a little bit more time, within my student orgs, like you said Carlos, being able to connect with people and you even if it is on zoom, I still feel like it's something. Even though we can't really meet up in person, I feel like just being able to talk to people that are my friends and to talk to them about something that's not necessarily like related to a class or science, but just being able to have some downtime but still spending it with some people that I really enjoy being with.

yeah awesome I like to talk about mind set now for me I had to shift my mindset from the beginning of the quarantine believing quarantine sucks and I can't wait for it to be over until I have the mindset to making the most of the time at home that I had and look at it as a positive as you have time to focus on your hobbies and get a lot of school work than they need to do and just catch up on different things you need to catch up on so I'd like to ask you how was your mindset changed over this past time period.

It's been a lot of using my career aspirations as motivators like "Okay Ashley, you need to study, so you can get to this place that you want to be with with your life" so I guess it's just really learning to push myself outside of being distracted and to tell myself like "hey Ashley - you need to do what you need to do to be successful!" so yeah, I feel like I've now developed like this little cheerleader in my head to kind of help me when I'm stuck or distracted if that makes sense.

yeah definitely a little person on your shoulder just telling you and you got to get this done keep pushing perseverance right there for sure

Exactly! So I guess speaking of that, with everything that we both kind of talked about, like our experience in 2020, I'm sure we definitely have some lessons that we probably want to bring with us into this New Year, 2021. And I think going back to what you said about mindset, one of the things that I also plan on practicing this year with my mindset is to keep my Outlook on things adaptable, or I guess I in other words, being able to reframe my perceptions about a situation. So for example, one of the things that I've been definitely trying to remind myself is how fortunate I am to still have the opportunity to be in a stable environment while continuing my education, rather than just focusing on everything that I miss back on campus, like the library or sitting in the computer science building or anything like that - so what about you Carlos what's something that you're looking to bring into this year?

I'm passionate about to compassion last year in regards to like different people interacting like the fact that everyone took coronavirus serious what they want to stay home just shows compassion for one another I feel like throughout the year all supposed to be like this print displays of that throughout the news in the country and I just want to bring that into the new year to show people who were all the same we got to help each other out and it's bring that compassion within the previous if you're into

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this year let's continue improving our lives and trying to make it is better for everybody sounds kind of cliché but you keep everyone in the positive direction and keep helping one another

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come! Be sure to follow us on Instagram and Facebook under @UCSDWPE. Stay tuned for our next episode of Live Well, Be Well!

Until next time, be kind, be true, be you. And remember, to be well is to live well!

General notes and guidelines:

- The easiest way to record group episodes is through Zoom.
- Some of your options when recording include:
 - You can select one person to be the moderator who asks questions
 - You can take turns asking each other questions

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- You can share the floor to discuss your experience with XYZ. For example, if you're discussing how to stay motivated with online classes, one person can discuss their experiences and provide advice, and another person can do the same.
- Figure out a flow that feels most naturally to you!
- The episode should be around 10-12 minutes in length
- Be sure to develop and finalize your script in this Google Doc - this document will serve as a transcript for your episode.
- If you make any mistakes when recording, NO WORRIES! Just let us know in the audio that it needs to be edited out "please edit that last section out - re-recording that section now" (or something along those lines).
- **Once you have recorded your episode, please send your audio to Renee, Christopher, and Bria (rdellacqua@ucsd.edu, cspurling@health.ucsd.edu, bhamlet@health.ucsd.edu). We will insert the opening and closing music, make any edits as needed, and schedule its release date.**
- Please be mindful of what you say and how you present yourself. This is a department-led podcast so we need to ensure that we're professional and that the content is aligned with our goals of promoting health and well-being as it relates to behaviors, attitudes, and perceptions.
- Please do not use explicit language or advocate for or suggest engagement in unhealthy behaviors (e.g., Inappropriate: "one of the ways that I like to destress and relax is smoking cannabis and drinking a 6 pack" → Appropriate: "one of the ways that I like to destress and relax is by taking a warm bath, listening to my favorite music, talking to a friend, and drawing")
- Have fun with this! When you have fun and enjoy what you're saying, it'll radiate through your voice!