

Live Well Be Well

“Let's Talk Strategies for Success”

Welcome to Season 5 of Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell'Acqua, and I'm a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well Be Well, we take a moment to discuss some life hacks to help you spring into success this spring quarter.

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!

First off, I want to congratulate you for making it to Spring Quarter of 2021! Over the past year, you all have been through so much. You've experienced countless hardships and challenges, you've adapted to remote learning and working, you've had to deal with the challenges that have come with living in a physically distanced world. And I want you to take a moment to acknowledge how far you've come and the lessons you've learned over this past year. So take this time -- right now-- to give yourself the biggest pat on the back, to fill your heart and soul with loving and encouraging words, and to acknowledge your strength and resilience.

So you all have the strength, resilience, and grit to get through Spring quarter, no matter how daunting it may seem at this moment. What I want to do today is present you all with a few simple life hacks to help you achieve that much more success this quarter!

So let's start with time management because that tends to be a major culprit when it comes to stress and feeling overwhelmed! When it comes to time management, it's critical that you take a moment at the beginning of each week, maybe Sunday or Monday, to plan out what your week is going to look like. This means utilizing a program or software or app that works best for you, for instance, Google calendar, and start mapping out your week -- being sure to include those periods of self-care whether that means dedicated 20-30 minutes of physical activity, or 5- minutes of meditation each morning or evening, whatever self-care looks like to you, be sure to incorporate that into your schedule! And if you're using YouTube for your workouts or Headspace meditation, attach the link directly into your calendar event to eliminate any additional barriers, no matter how small they may seem! When the event pops up and the link is already there, it makes everything that much easier!

And when you're looking at your to-do list, start prioritizing your tasks by importance and urgency. Your top priority tasks will be those tasks that are important and time sensitive like studying for an upcoming exam. Second priority tasks are those that are important but not necessarily urgent such as working out and meal prepping. This is where your discipline and self-motivation are going to come into play. You will have to intentionally take the time to schedule these into your calendar and actually do them.

Take breaks, y'all, take breaks! It is so easy to be go go go all the time, even in a remote environment, but this issue is that we get burnt out and once we get to that point it's very hard to get back on track. So, this is why taking breaks throughout the entire day is SO important! The key to breaks is being a little strategic and intentional with them. There are many different methods for taking breaks. For instance, there's the Pomodoro method where you select a task on your to-do list, you then set a timer for 25 mins and you focus on that task solely.

When the timer goes off, you take a 5 minute break -- stand up, do a quick stretch, then get back to business by setting your next 25 min times. You would do this for a total of 4 rounds or 100 mins of work and 20 minutes of breaks. Once you're done with that round you take a longer break say 30 minutes. So the Pomodoro technique is very structured, if that's not your jam that's totally fine. Simplify it to for every 45 mins of work, I will take a 15 min break or something along those lines. Find the method that works best for you and helps uplift and energize you!

Now that we discussed organizing time, it's time to take a moment to discuss organizing our space. What often happens is that when our space is messy, our minds feel messy. When your space gets cluttered and disorganized, especially in this remote working and learning environment, which is super easy to do, it can make us feel scatterbrained, disorganized, overwhelmed, anxious, etc. It's kind of shocking how disorganization can impact our productivity and creativity, which is so important as Tritons! So it's so important to keep things in your space organized and in it's proper place to optimize our success. Take time each and every day to organize your space and put things back where they belong. An easy trick is to set a timer for 15-20 minutes each night and basically reset your living and working space. Something that I always do is I make it into a competition to see how quickly I can put things back where they belong and get my space re-organized again! Another tip is to keep a basket or bin in your living space where you can throw those random items that inevitably get misplaced throughout the day. Then at the end of the day, you can carry that bin throughout your apartment or home and easily place things back where they belong. And when you do this in the evening, you get to start your day off on a clean slate with a space that is ready for your to get your work done!

And lastly, start and end each day with a heart full of intention and gratitude, appreciation for your strength, capability, your perseverance to keep pushing forward no matter what life has in store for you. So with that, as you wake up each morning, take a few seconds to take a few slow and steady breaths in through your nose, out through your mouth, and set an intention for the day. Something small, something big, something professional, personal, or academic. Whatever that intention you set forth can dramatically impact the flow and feel of our day, and it only takes a few moments of your morning. And similarly, as you end each day, as you're closing your eyes to rest, reflect on 2-3 things that you're grateful for. These can be people, a person, experiences or happenings of your day, or even your inner traits and strengths that got you through the day. Whatever it may be, cultivate and express gratitude for them. And this is by far one of the best, most peaceful, most relaxing ways to end your day, with a heart filled with gratitude.

So there you have it! A few life hacks to help you Spring into success this Spring Quarter. If you're looking for more tips and tricks like these, follow us on IG and Facebook @UCSDHPS and check out our Spring Into Success Series, which will be launched where every Wednesday.

So that concludes this episode of Live Well, Be Well! If you liked what you heard today and would like to learn more about topics related to health and well-being there's much more to come! Don't forget to follow Health Promotion Services' on Instagram and Facebook under @UCSDHPS.

Stay tuned for our next Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.