

2019-07-03 WorkLife Podcast Transcript

- 00:10

Well, it was good 'cause it started off OK and it wasn't

- 00:14

overwhelmingly loud so I mix it in afterwards, but

- 00:18

Welcome Jamie Hutcheson Lifespan and Family Services coordinator

- 00:21

for the MSU work life office and we are kicking off our first

- 00:27

podcast recording. Hopefully we get to use this and it goes up.

- 00:31

If we do it right by we I mean, if I push record properly. Yeah,

- 00:37

it will record and then be posted an we can listen back to

- 00:43

it and share it and see if people are interested in this

- 00:47

format audio podcast.

- 00:49

So we're going to start our first recording of the work

- 00:54

life office by your recent article that came out in the

- 00:58

worth work. Life office newsletter called why

- 01:01

vacations matter did it just come out today. It came out a

- 01:06

couple of days ago, yeah, so just preceding today's July

- 01:10

3rd so let's just preceding the holiday.

- 01:15

And we can also find this on the website, which is linked through

- 01:19

the newsletter. How often to those newsletters come out once

- 01:23

a month. And they have like 4 or 5 articles and I'm right usually

- 01:28

in some save the dates and other interesting bits of information.

- 01:32

I remember receiving those before I got this chap and

- 01:35

worked in this office. There are flashy and they're pretty and

- 01:39

that gets me to click on stuff well. That's good pictures.

- 01:43

First, yeah, I've been I try to clean out my email inbox and so

- 01:48

I try not to be receive a lot of newsletters. I only receive ones

- 01:52

that I care about and this is.

- 01:55

Before I worked here. I actually continue to receive this 'cause

- 01:59

I thought it was worthwhile well great. We're glad you liked it.

- 02:03

But I'm pretty big fan of the unsubscribe button for others.

- 02:06

Just not this one. Yeah, good not the work like 1 perfect.

- 02:11

This newsletter comes out once a month and our website is a place

- 02:15

where you can always go for old newsletters an old posts like

- 02:19

this one. They seem to be pretty digestible and pretty readable.

- 02:23

You write him like first person I do you write about your own

- 02:28

experience I do and then I try to tie it into things that I

- 02:33

think other people would relate to by the way that website. We

- 02:37

keep referring to isworklife.msu.edu pretty easy

- 02:39

to remember easy to remember yeah, I hope to podcast sounds

- 02:43

good. After it's recorded as it doesn't these headphones. It

- 02:47

sounds pretty good. That sounds pretty good. I think we were

- 02:51

made for radio. I would say have a face for radio it could be

- 02:55

this rumor in Linton Hall and there's great acoustics in our

- 02:59

office 116, Linton Hall at that people can come in stop by

- 03:03

whenever they want. Between the hours of what 8:00 and 5:00

- 03:07

that's right will be here.

- 03:09

Maybe not during lunch hour just kind of depends on what their

- 03:20

person because I think that when people read them, they can see

- 03:25

themselves in your articles.

- 03:27

And some people can't.

- 03:30

But others can.

- 03:32

And that's a good thing because this article about vacations.

- 03:36

Some people will read it and say, yeah, I take vacations. All

- 03:40

the time. But other people will read it and say, I'm too busy

- 03:45

for vacation right. Yeah, that happens, all the time. I think

- 03:49

that's one of the reasons why you wrote this one. It's called

- 03:53

why vacations matter. Indeed, why aside from just fulfilling

- 03:56

and need that might be out there in our community. Why else would

- 04:01

you write this article now I mean, it's July 3rd?

- 04:04

We have a vacation tomorrow, it's a forced vacation right.

- 06:36

things, self care. Our friends our family things that we

- 06:39

enjoy that help us physically emotionally mentally so it's

- 06:42

not just disconnecting it's also connecting.

- 06:46

What about Those of us that enjoy working now that's great.

- 06:50

I hope you know, we hope it. Michigan State that we have jobs

- 06:54

that we enjoy an I think it's where we prioritize it where you

- 06:58

prioritize work. If you're prioritizing work because you

- 07:00

love the work I mean, I always have engaged in work that has a

- 07:04

message or values behind it, that I can get behind so I can

- 07:07

put my all in when I'm at work, but we hope that work isn't the

- 07:11

only thing you care about and that there are other things, you

- 07:15

care about as well as work.

- 07:18

Yeah, it reminds me of the need to think about others because as

- 07:23

much as I enjoy doing work. Even on vacation days that takes away

- 07:28

from my friends and family and it's sort of a selfish.

- 07:32

Endeavour to continue to do my work during the day when I'm

- 07:36

supposed to be out enjoying a barbecue or I remember your

- 07:40

connecting as well as disconnecting so put in your

- 07:44

100% of your focus into what you are connecting to is important.

- 07:49

If that's friends and family at a barbecue they'll notice if

- 07:53

you're connecting or not, and I'm sure they'll let you know at

- 07:57

least some of them will most of my friends and family will

- 08:01

definitely let me know very loudly. So you speak of

- 08:05

connections and that's a point that you. Bring up in the

- 08:09

article specifically about strengthening connections.

- 08:11

Interpersonally, in relationships can you give me

- 08:14

some examples about how vacations might strengthen

- 08:16

relationships because FaceTime to me, I'm thinking?

- 08:19

OK, if I step away from the computer and I go down by the

- 08:23

Lake and I just sit there and I don't even necessarily talk to

- 08:27

anybody, but I'm there is that strengthening a relationship.

- 08:38

care time to reflect to do something that you enjoy like

- 08:42

gardening, then that's perfectly. That's how you choose

- 08:44

your vacation time in this article in particular. I'm

- 08:47

talking about strengthening relationships with people that

- 08:49

we care about so I recently wanted vacation with my

- 08:52

daughter. And my best friend and my spouse and these are people

- 08:56

that all care about 1:00 another as well as I care about them,

- 09:00

and the way that you strengthen their relationships as you step

- 09:04

away from all those daily tasks. Nobody needs to monitor homework

- 09:07

or Cook dinner or let the dog out or pay. The Bills or do

- 09:11

anything like that at the time so you're able to experience

- 09:15

things together. We took a long walk down appear in Port Austin,

- 09:19

Michigan and even that experience of people watching

- 09:24

the possibility of rain.

- 09:25

During this it was pretty long pier is a bonding experience

- 09:28

just like sitting around the fire and telling stories

- 09:31

roasting marshmallows. These are things that you take back with

- 09:34

you? It's a feeling for me one of being in nature, being

- 09:38

outside being with the people that I care about having easy

- 09:42

conversations. We also went and checked out of farmers market,

- 09:45

so that was something new. My best friend and I got matching

- 09:49

sweat. Sure, it's just like we used to. When we were little so

- 09:53

we've been friends almost 40

- 09:54

years, so. Those type of things allow you to connect in a way

- 09:59

that a phone call or a text message or drop by don't allow

- 10:03

you to do. Yeah, it reminds me of the need for diversity of

- 10:08

experiences because for me work can be pretty monolithic.

- 10:12

Sometimes, like checking email is pretty much one activity and

- 10:16

nightly dinners with my partner are good relationship building

- 10:19

activities and gardening is good self care, but when it

- 10:24

comes to vacations. You can really get a lot of diverse

- 10:28

experiences or reminds me when we were up in Vancouver. The

- 10:33

types of things that we could do

- 10:36

up there. The types have beaches, we could go to yeah,

- 10:39

the types of trails we could walk are different. The number

- 10:43

of botanical gardens and beautiful sites that you

- 10:45

wouldn't see somewhere I mean, there's lots of research which

- 10:48

you could dig up being the researcher that definitely shows

- 10:52

being in nature is something that helps to reset the brain.

- 10:55

We know walking and activity. Even 15 minutes can help reset

- 10:58

their brain. So when you Add all those things together. You're

- 11:02

getting multiple benefits you're getting the physical activity,

- 11:04

you're getting the time together getting the new experiences.

- 11:08

Building those Newark, new neurotransmitters in your brain

- 11:10

experiencing things you hadn't done before, but it's definitely

- 11:12

you know new environment. We just went to Chicago. Not too

- 11:16

long ago, too, and saw performance. We saw Hugh

- 11:18

Jackman. We walked along the Lakeshore. We took a pedal cab

- 11:21

just things you don't do every single day. Whether it's in the

- 11:25

city or out of the city whether it's a museum or nature. You're

- 11:28

experiencing new things and what do you do it with someone you

- 11:32

care about that you're building a relationship with you

- 11:34

experience it together so one of the things we did was brought up

- 11:38

a projector Anna. Big screen and so we were introducing my 12

- 11:42

year old to movies that we loved at 12 years old. So we saw lost

- 11:46

boys and we saw League of their own and I guarantee those will

- 11:50

be memories that she has one. She did not like lost boys too.

- 11:54

She did Love League of your own. But just the conversations. We

- 11:58

had comparing what movies are out and we were 12 verses when

- 12:01

she is 12 having that time of talking about it or debating

- 12:08

mythology. All of those different things are really

- 12:10

creating new memories Anne.

- 12:11

You're going up to the cabin that doesn't have TV that's a

- 12:14

great but we still found a way to enjoy a rainy evening.

- 12:18

Rainy evenings are the best they are helpful to my garden, which

- 12:23

is so for sure, I have.

- 12:26

A monarch butterfly who is about to emerge in my garden right now

- 12:30

and I saw the Caterpillar on my milkweed and then I took a

- 12:34

picture and then the next day. I went back and it was a cocoon.

- 12:39

That's pretty cool. In 12 hours and now I'm just waiting for the

- 12:43

butterflies. Then that butterfly can fly N or S and go on its own

- 12:49

vacation. There you go so you are talking a lot about building

- 12:53

relationships with people you care about your family members

- 12:57

in your friends and will see those folks on July 4th and

- 13:01

other holidays. But how can a vacation strength in a

- 13:04

relationship with your colleagues at work even when

- 13:07

you're away from them so when you're not thinking about your

- 13:11

colleagues when you're not thinking about work? How does

- 13:14

that build a relationship with

- 13:16

your colleagues? Maybe it does it when you come back. Maybe it

- 13:20

builds the relationship prior to your vacation or how do you

- 13:23

think that vacations can strengthen our work lives here

- 13:25

at Michigan State I think there's a couple of ways, one if

- 13:28

I'm going to be out of the office and I say, Hey, John, are

- 13:32

you able to attend to these messages that come in, while I'm

- 13:35

gone. If you say yes, then we're starting to build some trust

- 13:38

were showing each other. Hey, I have your back when you're gone.

- 13:42

You have my back. When I'm gone too. When I come back from

- 13:45

vacation. I'm not going to have as many emails or phone messages

- 13:48

to attend to. Because you help me out so we're building that

- 13:52

camaraderie right there and before you even leave on

- 13:54

vacation. I think having time away. We allow ourselves to

- 13:57

refresh and reboot. So we come back to work with a renewed

- 14:00

energi ready to you know hit the ground running and to tackle

- 14:04

things that maybe you've been on our long to do that To Do List

- 14:08

and that can really help. Other colleagues because we can

- 14:10

attack. Some of those things with a newfound ienergy and then

- 14:13

I think sharing things that are happening in our lives outside

- 14:17

of work are important doesn't have to be every personal

- 14:19

detail. But it can be things that were interested in a

- 14:22

picture of a new puppy something that's like we know these other

- 14:25

things are happening and where real human beings and we're

- 14:28

outside of these doors. They have their own lives and have

- 14:31

our own commitments and responsibilities and I think

- 14:33

that can give us an appreciation and I had someone recently reach

- 14:36

out to me and say you're setting an example. You walk at lunch

- 14:39

time when you can you took a vacation and I really have to

- 14:43

figure out how to do this and now she says she's walking at

- 14:46

least 1 day at lunch so another way, you can help your

- 14:49

colleagues is by setting that

- 14:50

positive example. Of how you can disconnect from work and work

- 14:53

and still be very important, and you can attend to other things

- 14:55

in your life so I think it can help your colleagues in a number

- 14:59

of ways. And maybe you don't have to hear their music through

- 15:03

the wall for their NPR in the morning for a couple of days and

- 15:07

you have a little more peace, yeah peace. Peace is found in my

- 15:11

garden quite quite frequently. I don't know why people bring

- 15:14

headphones out into the garden. This sounds of nature. Just

- 15:18

fantastic just like the Sounds in Linton Hall. That was the

- 15:21

Beaumont Tower. Chiming kind of hope that the microphones would

- 15:24

pick that up, but I don't think

- 15:27

we're that lucky. Now you mentioned sharing your

- 15:30

experiences with your colleagues. That's probably most

- 15:33

typical in the form of like shared photographs and you know

- 15:38

me. I do not like social media right and so I think that it's

- 15:45

fantastic. When people actually physically in person share

- 15:48

vacations because the post to Facebook. Oh my gosh of

- 15:53

vacations. It's so unidirectional, but when you're

- 15:56

at work can you bring back?

- 15:59

A story or a set of pictures and you talk about it

- 16:03

interpersonally with dialogue in real time in the office. I think

- 16:07

there's a lot more value in that so I really get a kick out of

- 16:12

seeing my colleagues vacation pictures, even though it's not

- 16:15

my family and I wasn't there and I don't know what happened just

- 16:19

affect it were sitting down and taking a moment out of checking

- 16:24

email. To actually care about each other's lives is really

- 16:27

important, and I like to share.

- 16:29

An email to as you mentioned we have a multi generational

- 16:32

workforce, even here in our small it'll work life office.

- 16:34

Some people do social media. Some don't. But we all have work

- 16:37

email, so even sending a couple of photos like here's what I've

-

- 16:40

been up to our here's what I was talking about in the meeting. I

- 16:43

appreciate that and I appreciate it. I want to get that from

- 16:46

others as well. I wanted to name drop a colleague of mine, Moe

- 16:51

Senator from the division of public health because number

- 16:55

one, I can name drop her so that she'll listen to this, if I tell

- 17:00

her names in this but also

- 17:03

there's a? I say this with tongue in cheek. An all sarcasm,

- 17:09

which doesn't often translate through an auto recording, but

- 17:13

jealousy of people's vacation photos. So my goodness, Moe

- 17:17

would come to the office and have the most beautiful aquatic

- 17:22

cave. Pictures you've ever seen and there's one thing, she gave

- 17:26

me it was a little jealousy of where she gets to go. In fact,

- 17:30

she's going to travel. I think to Europe pretty soon. And so

- 17:33

I'm like jesmo tone it down a little bit. You know you

- 17:37

mentioned a vacation to Chicago and like some of us have to stay

- 17:41

close by. But that's OK vacations are great to have a

- 17:44

friend that is constantly traveling the greatest places in

- 17:47

the world and I find them inspiring and my spouse blocks

- 17:50

them. So everybody has a different perspective on how

- 17:53

they look at, I look at as

- 17:55
someday. Or do all this research for me, so someday. I'll know
- 17:58
which is the best one to go to after I save for 10 years or you
- 18:03
can just live vicariously through your friends of course,
- 18:06
yeah well. I wanted to go back to that thing you mentioned
- 18:09
about trust because it's a two way. St that's what came to my
- 18:13
mind because. When you're talking about delegating your
- 18:17
emails to another one of your staff members. The two Way
- 18:21
Street is this when I was early in my career and a very
- 18:27
important Dean or someone would write in their email responder
- 18:31
for matters of such and such budget magic matters
- 18:35
administrative matters contact and they would say John
- 18:38
Girdwood. I would feel so much like an adult a very capable

- 18:44

worker when someone in authority would delegate their emails

- 18:48

tasks when they're out of office to me and that was fantastic, so

- 18:54

that's like top down reception of trust and then it's also once

- 18:59

you get a little bit more responsibility. You have staff

- 19:03

that works with you.

- 19:05

Who you hire and then I've had this myself then I feel a little

- 19:10

bit stressed out about going on vacation specifically last year.

- 19:13

I went to Nashville and has like I can't leave all this work, but

- 19:17

then setting an auto reply that says you can talk to this team

- 19:21

member colleague shows my team that I have trust in them right

- 19:25

and hopefully it's a two way, St as well. When you need something

- 19:29

that will cover for you and they need something you'll cover for

- 19:33

them and that builds a mutual

- 19:35

trust as well. Not only trust but it's like this cross

- 19:38

training. You know thing that's pretty big now that the team.

- 19:42

Our team here at work life office is small for people. But

- 19:45

if one of us goes on vacation. We can't just cancel all of that

- 19:50

person's activities so that cross pollination and cross

- 19:53

training of tasks and programs have to keep running and we have

- 19:56

to keep responding to people and we actually have 4:00 and a

- 20:00

half. We have half of the communications person and then

- 20:03

sometimes we're lucky enough to

- 20:05

have fabulous. Interns and students help us and I'll tell

- 20:09

you during the school year every single hand helps we did get

- 20:13

another half as well. 'cause we got another communications

- 20:17

person right on the greater team. Yeah, that's fantastic.

- 20:20

The more the merrier.

- 20:22

Although sometimes big vacations get a little overwhelming. I'm

- 20:26

thinking about my golf outings that have upwards of 2 dozen and

- 20:31

it's like. Yeah.

- 20:34

It's 23 more people that are better at golf than me. So I

20:39

keep those groups smaller. Let's talk just as we kind of end here

- 20:44

in somethings up specific tips that you can give to the

- 20:48

listeners of this podcast about how to maximize vacation time.

- 20:52

So instead of talking about these generalized benefits that

- 20:56

you explain quite well and I believe that they are important

- 21:00

and sometimes I need a lot of times I need reminders of that

- 21:05

importance. But when we talk about takeaways you know other

- 21:08

than broad stuff. What is the specific things that people can

- 21:12

do and you mentioned the autoresponders? Yes, make sure

- 21:14

you set up your email so that there is directing traffic to

- 21:18

someone else. So you don't have as much when you come back also

- 21:22

gives people someone to attend to their needs should they be

- 21:25

urgent or needing something before you get back also

- 21:28

planning ahead helps things like we know stress, the biggest

- 21:31

stressor. There is this money financial so making a play in

- 21:34

making a budget for your

- 21:36

vacation. And sticking to that the best that you can leave your

- 21:39

office in your desk clean so that when you return from

- 21:42

vacation. There aren't a bunch of piles that you need to clean

- 21:45

up. It's so nice to come home to a clean house in a clean office.

- 21:49

Set those times ahead if you need something that you need to

- 21:52

attend to sometimes we might have supervisors at contact us

- 21:55

and we don't know we're going to need to attend to that. But even

- 21:59

set those boundaries ahead of time with your supervisors. I'll

- 22:02

be available if something urgent comes up and of course, is

- 22:05

something urgent comes up. Then you set the time aside to deal

- 22:09

with that, really enjoy the time try to set it aside try to

- 22:13

engage yourself and things that you enjoy that you can focus on

- 22:16

that aren't going to keep you and I know like.

- 22:19

Here travel sometimes we're thinking about all the things we

- 22:22

have back at home and work. But what if you're listening to an

- 22:26

audio book or watching a movie or writing in a Journal maybe

- 22:29

those things can help you tune and start setting that vacation

- 22:32

mode and they say just planning for the vacation itself starts

- 22:35

that stress relief process thinking about where you're

- 22:38

going to stay or looking up 10 things to do best things to do

- 22:42

in Port Austin or whatever it is gives you some great ideas of

- 22:45

things you have to look forward to you. You just have to be

- 22:49

careful for when you get back to not have that post vacation

- 22:52

depression set in. And if you do feel a little down after your

- 22:57

vacation. What do you think people should do who should they

- 23:01

reach out to because the work life offices are really is on

- 23:05

for a lot of different things

- 23:07

here. I would say it depends on what it was if it were really

- 23:12

depression that you are starting to see then we have our employee

- 23:16

assistance program where you can do 6 free counseling sessions

- 23:19

per event or a counselor other things could be looking into

- 23:22

meditation or articles at the health for you, or the employee

- 23:25

Assistance Program have here in campus and another thing to do

- 23:29

is to plan something next. Maybe it's not a vacation. Maybe it's

- 23:32

you're going to go out to your favorite restaurant for your

- 23:36

friends birthday and that's something to look forward to

- 23:38

you. Or you're going to meet up with the people around work. You

- 23:42

haven't seen lately and even go out to lunch together so

- 23:44

planned, something else to look forward to you whether it's a

- 23:47

short lunch or whether it's a whole day at Lake Michigan for

- 23:50

example. Gray planning building relationships and taking

- 23:54

vacations 3 very important things for work life, it here at

- 23:58

Michigan State. Where can people go for more information after

- 24:03

the end of this podcast Jamie they can check out our articles

- 24:08

that we have in the work life office website

- 24:12

www.worklife.msu.edu. And they can also check out health for

- 24:16

you. They have some great tips on meditation and other things

- 24:21

you can do.

- 24:22

If you're not able to physically get away how might you be able

- 24:26
to get away. In other ways. How can people contact the work life
- 24:30
office? They can email work life at msu.edu or they can contact
- 24:33
us via our phone.
- 24:35
Which the number I don't have memorized that's OK they can
- 24:39
find it somewhere? Yes, we should get a catchy one like
- 24:42
353. Work life too many digits do we have social media for
- 24:47
others. People that are not like you? Yeah, we have work
- 24:50
life office Facebook page. You can follow us. We have a
- 24:54
newsletter that you can subscribe to you. There are
- 24:57
lots of ways to get great information from the work life
- 25:00
office and our colleagues across the country and sign up
- 25:04
for listservs? Yeah.

- 25:06

Well, cool, thanks Jamie Hutcheson Lifespan and family

- 25:09

service coordinator for the work life office for being the first

- 25:13

interview E of the MSC work life office, podcasts and there's one

- 25:17

fun fact. I'll leave you with this buffer music was created by

- 25:22

a Michigan State Alumni. Former basketball player at Michigan

- 25:25

State University and love. I bet you basketball. I'm all for it.

- 25:30

It'll play out. In between now and the next episode. You'll

- 25:34

have to try to guess who that

- 25:36

person is. Alright alright good luck thank you. Thank

- 25:41

you, John Girdwood.