5 ways to reclaim my time

**Actively choose yourself**
Do whatever you need to relax/destress (e.g., watch tv, exercise, stare at a blank wall)
Think about what the benefits are to you before you agree to participate
Remind yourself that you deserve and are entitled to down time

**Remember your job is what you do, not who you are**
Don’t let people tell you your passion should be 24/7
Science can also be 9-5

**Build intentional support networks**
Sometimes it is hard to say no, especially when there are power differences
Having a group of supported mentors can help navigate such power dynamics
It is important to have mentors for various aspects of your identity

**Learn what works for you**
Give yourself extra time to complete projects/assignments
Understand what time-management and work styles work for you
Do not beat yourself up for not fitting the ‘idealized’ version of your role

**It is okay to say no**
“I just don’t have the bandwidth for that”
“I have x, y and z currently on my plate. Which one of these tasks can be de-prioritized before I take on this additional task?”
“I can only take this on if there is financial compensation for sacrificing my personal time”