



# 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"

a resource  
developed out of our  
community conversation on  
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