

The Nurse Becoming Podcast #120 - Outsourcing - Could it Hel...

📅 Thu, Aug 04, 2022 3:30PM 🕒 16:27

SUMMARY KEYWORDS

meals, support, nanny, areas, daycare, feel, childcare, outsourcing, shift, twins, working, nap, save, monetary exchange, years, deep cleaning, earn, life, day, overnights

SPEAKERS

Amanda Guarniere



Amanda Guarniere

Hello, hello, welcome back to The Nurse Becoming Podcast. It's Amanda Guarniere, your host. Thanks for joining me today on this episode about asking for help and outsourcing things. So I get asked a lot, "How do you do it all?" And while I'm no longer working full time in clinical practice, I can definitely appreciate what it feels like to be a working person in need of help. That is still the reality that I am living right now. And over the years, I've realized that what allows me to be the best in all areas of my life is being supported in the other areas. And while my current lens is as a mother to three children, wife, business owner and nurse practitioner, I don't believe that you have to be any of these things, to earn the right to set your life up in a way that supports your success and your goals. And, you know, my personal life and what takes up, my time has shifted over the years, I have been a full time single person working single person, I've been a full time working partner slash married person, I've been a full time working mother of twins, I've been a part time working mother of twins, I've been a part time working mother of three kiddos, as well as business owner, etc. So I feel like you know, throughout the last 10 years of my life, I've had the opportunity to view this from a lot of different angles. And you know, just as a disclaimer, this is obviously my lived experience coming at it, you know, with my personal privilege and the benefits that I've had throughout my life of, you know, being a white cisgendered person of living in the area where I live of being married to a spouse who also makes an income etc. So, you know, I think it's important to give those types of disclaimers, so that you know that that affects, you know, my lived experience. But I'm hoping that regardless of what yours is, you are able to see some opportunities here and maybe challenge some beliefs that you have about what you can and can't ask for help with. And it took me a long time to realize that it was okay to outsource things, and that it was okay to ask for help. And I'll go into what that means in a little bit. But I just want you to know, I'm not always talking about a monetary exchange when I'm talking about this. So I'm not necessarily telling you what you can or cannot afford, or what you should or should not be able to pay for. But rather thinking about it more higher level of okay, what are ways where you can get help in the areas that you need it. And if you're feeling overwhelmed with this idea of work life integration, I want you to take a step back and really examine what is giving you that feeling of overwhelm. And as you identify each area that is feeling overwhelming to you, I want you to dig

into ways that you could do things differently that would help you align with how you want to feel. And we'll break down some specific areas and specific examples in each of the, I would say three main areas that have been a struggle for me over the years, and discuss some of the ways that you may be able to get more support. So again, keep in mind, these are the areas that have always been challenging for me. So I have more examples to share in these in these domains. But you, when listening to this may realize that it's a completely different area of your life that you need some help with. So the first thing is food and meals. So I don't know about you, but I have a lot of stress when it comes to meals, mainly because the meal the cooking and the meal prep for my family falls into my domain. It's kind of my one of my roles in our nuclear family. So here are some ways that I've gotten support over the years with meals. First of all, when I was working straight overnights, I did not want to be eating in the cafeteria, because that didn't align with my health or my budget goals. So during this time, I supported myself by spending a few hours before my first of three shifts, making all of my meals for all of my shifts. So I had this kind of dedicated block of time, usually once or twice per week where I would batch cook some things. So this was something that I routinized, (is that a word?) I made a routine in a way so that I always had the right foods on hand to be able to put together meals that I knew could be easily packable that would you know, stay fresh over the next three days. And I made sure that during that time I had the childcare needed to have that block of time. or I did it during the kids naptime so that I didn't feel rushed or hurried. And it really, you know, became a routine because when I would start a string of overnights, I would get up at a normal time, you know, go about my day. And usually, my babysitter would come over, during, when the twins were napping in their afternoon nap, they usually went down for nap at like 12, or 1pm. So 12 or 1pm, that's when I would start my cooking because they were down for their nap. And then when she showed up, usually around two or three o'clock, that's when I went down for my nap. Because I would always take a pre night shift nap on my first of three overnights. So I would take like a lick of melatonin basically like a fragment to help me go right into a nap. And then I would get up at five, ish, take a shower, pack my bag and leave the house at six for my seven o'clock shift anyway, a little bit on a tangent there. But all that to say like this was this was a solid routine that I got into I treated it, you know, kind of like a workday in the sense that there were certain things that I did every first day of, of my night shift stretch. So this was oh, and during that time, I also you know, if I had things if I was cooking, I would also prep some food for the kids get that done. Because, you know, I could easily cook up a box of pasta, and some mixed veggies and some cheese and just make like a little casserole that then they can eat for lunch or dinner pretty much every day while I was working. So I would, you know, use that time to also prep some food to support either the babysitter, or my husband while I was while I was gone, and it worked out really well. Over the years I've also purchased some various online meal plans, some were E-cookbooks, some more meal plan subscriptions, basically things to help me save time and brain space when planning the family meals. I've also occasionally subscribed to meal kit services like HelloFresh, which, while they were a bit more expensive than the meal plans, obviously, it gave me back more of my time because the ingredients were delivered and pre portioned. So I didn't have to worry about, you know, making meals with the ingredients that I had on hand or doing the food shopping, it really saved all that time. I've also had a few short stints of having a full meal delivery service for three to five dinners per week, the cost is more than the HelloFresh because you're having someone prepare the meals for you. But it didn't save me even more time because I didn't have to prepare the meals. Ultimately, this was probably for me the tipping point of what felt like it was worth it, quote, unquote. So there were trade offs to the meal delivery, such as the fact that you know, we had to reheat each meal, so it wasn't the most fresh, the selections were kind of unpredictable. I didn't know if my kids would like it. So sometimes there was a lot of food waste. But those are kind of that's the spectrum of the support that I've tried to find over the years when it comes to meals. I'd love to be in a place where I could have a hired chef

who came and prepared all the meals for every meal for my family every day. That is not something that's within reach for me. But I think that would be you know, the only way to really alleviate any, any work would be to obviously have a employed person do it. But that's not very relatable for many of us. So your situation might be similar to mine, it might be quite different. You might be a single person and prepping meals doesn't really feel like a burden to you. Maybe you hate to cook and restaurant delivery most nights is worth the expense to you. All this to say, you know, figure out what's not working, figure out what is working and challenge yourself when thinking about what options are available to you for support. The second domain where I have had various degrees about sourcing is childcare. And childcare for me has looked different over the years. When I was expecting twins, we considered a lot of options, including using a daycare having an au pair and having a nanny. And I had been telling myself that having a nanny this was like a lie that I told my a belief that I had that I that I had to shift. It was kind of this belief in my head that having a nanny would definitely be too expensive. So to be honest, I almost didn't consider it. But when I actually considered all the options I realized that a nanny was net less expensive than two infants in daycare, at least where I was living, because you know, those infant spots in daycare are pretty expensive. And I had to at one time, right, plus it was much more flexible with my rotating work schedule, and ultimately worked out great because the babies were premature. And the pediatrician really didn't recommend that they go into a daycare environment because of their weakened immune system as preemies. So we had a nanny for the first three years of the twins life. And it was it was great, it was definitely worth it. It'll it allowed me to be able to work, it allowed me to work night shift, which was better for the work life balance, and also allowed me to earn a little bit extra because of that night shift differential. Now, with the twins being in kindergarten, this past school year, I considered a few options for my youngest, who, she's just turning three. So she was two at the time when we moved here, and we're considering childcare for her. So I considered having a nanny or a sitter a few days per week. But with the nature of my work with the business working from home, I found it was best for me to actually have her out of the house and in an environment where she could socialize and not feel disconnected from me. It's funny, like, having her in the house almost felt like more of a disconnection because she could see me and know that she wasn't playing with me. So she's been in daycare, three full days per week for the past year. And we'll continue that next year, as well. And that's been what has worked best for us during the season. Another example, mid year, this past school year, I realized that I could use some extra work time as well as some extra time to get some things done around the house. And I was really only able to work until about 2:45, on the three days that the youngest was in daycare because I had to get the big girls off the bus, then once they were home, I really couldn't get much done for the rest of the day. So my working hours were really, really were brief on on the only days that I really had time to work. So I found out that there was an extended day program at the school that they go to, and I enrolled them for just two days per week until the end of the school year, it was much more affordable than I ever thought it would be. And it was definitely worth it because it allowed me to work more hours and justify the expense. Not to mention they were having a blast with their friends. So I think childcare is a really good example of something that most of us are familiar with outsourcing and can kind of understand, okay, you know, if, if I'm not home with children, it means I can go work. So as long as I'm making more money than the cost of the childcare, then it makes sense for me to go do that there's kind of like this monetary exchange involved. Some other areas are tougher to justify, right? Like, like the meals, if I spend money on something for meals, do I really make that money back? Maybe not directly, like in the case of child care, but indirectly, you know, first of all, there's certainly a cost to your your peace of mind and your happiness. But indirectly, you know, if you're saving time, and you then repurpose that time in another way that affects your your earnings, then yeah, it is an exchange. And the third area is housework, and specifically house cleaning. I have been in various stages of this as well, you

know, there was a period of time where I, you know, spent some time to come up with a cleaning calendar, a rotation of how I would kind of do the deep cleaning tasks in my home, there was a time when I invested in a program to help me learn how to be a better, more efficient cleaner. And then more recently, when it got to the point where I could really feel comfortable with it and justify it, it's been something that I have outsourced. And honestly, it's been some of the best money that I've spent even just having a team come help clean the house and do kind of the deep cleaning tasks twice a month. It's not something that's a big line item compared to how much money I'm able to make in the same amount of time. So it feels like an easy exchange, not to mention, you know, the the sanity and the mental load that it saves me to have those things that I'm not worrying about. Because you know, especially for if you're someone who wears a lot of hats and your family has a lot of roles if you're you know, primary or default parent. There's a lot of mental mental work that goes beyond just the the physical paid work that we do. So sometimes it can be really beneficial to just create extra space in our brain by outsourcing other things that we have the benefit of being able to afford if that's something in reach for you. Now again, your areas might look totally different from mine. But what I hope that this has showed you is that, first of all, you are worthy of help. Some degree of support can be accessible to you, regardless of your income. Whether you are paying for something, whether you're doing some sort of service exchange with a friend or, you know, a babysitting swap with somebody else, or whatever it needs to look like for you. You're worthy of it, it's okay to ask for this help. And sometimes, it can even help you earn more if you're able to spend more time working as a result of gaining the support or you're able to be more efficient or more productive, or have the space for other earning activities as a result. So I'm curious, what aspects of life right now are feeling overwhelming to you right now? And where can you challenge yourself to seek support or outsource it? I'd love to know you're welcome to send me a DM on Instagram or screenshot this episode. shout me out or leave it in a review. You can find me on Instagram @theresumerx and if you're listening on Apple podcasts, you can tap the cover art and scroll down you should be able to see where you can leave a review. So thanks so much for listening today. I hope you enjoyed this episode and I'll catch you again soon on another one.