Mindfulness Panel
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Public Services Librarian
Dixie State University
Margaret Ellingson
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Judith Fallon
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Lori Smith
SWIFT Interlibrary Loan Project Manager
Colorado State Library
What is Mindfulness?
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• Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it. ~ Sylvia Boorstein

• [Mindful] meditation is the only intentional, systematic human activity which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are. ~ Jon Kabat-Zinn
What is Mindfulness?

• For things to reveal themselves to us, we need to be ready to abandon our views about them. ~ Thich Nhat Hahn

• I invite you to consider why you laughed at a joke the last time you did. If the punch line made you realize that the story could be understood in a way other than how you first heard it, you have experienced a moment of mindfulness. ~ Ellen Langer
What is Mindfulness?

• Mindfulness is like the rope that keeps the wild elephant from destroying everything in sight. The rope of mindfulness brings us back to our immediate experience: to our breath, to our walking, to the book in our hands. ~ Pema Chodron

• Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively. ~ Sharon Salzberg
Mindfulness isn't difficult, we just need to remember to do it.

~ Sharon Salzberg
Mindfulness in the Workplace
Real Happiness At Work

Balance ~ Concentration ~ Compassion ~ Resilience  
Communication & Connection ~ Integrity ~ Meaning  
Open Awareness
Mindfulness and Stress Reduction
DEPRESS
at the
Gordon Library

Yoga in the Library
Wed-Fri 9:00-9:45am
*Check in at Info Desk*

Destress Station
Wed-Fri 10:00am-2:30pm
*Next to Tech Suite, Blumenthal*

Mindfulness Meditation

Wednesday 2/22 6-6pm
Gordon Conference Room, 3rd Floor

*Finals Week Hours*
Monday 2/26 - Thursday 3/2
OPEN UNTIL 3AM
STRESSED SPELLED BACKWARDS IS DESSERTS AT GORDON LIBRARY

De-Stress Station @ Library Main Floor
Wed. 12/7 - Fri. 12/9, 10AM - 2PM
* Decorate your own cookie!
* Relax and color

Meditation Session @ SDCC
Wed. 12/7 5-6PM
* Drop in a few minutes to sit and breath

Don’t forget! Late Night Library Hours - Close at 3AM:
Monday, 12/12 - Wednesday, 12/14
FINALS DE-STRESS ZONE
@ Gordon Library

De-Stress Station
Wednesday 10/5 - Friday 10/7, 10AM-2PM | Main Floor
• Make a stress ball & aromatherapy neck wrap
• Coloring and Spirograph

Mindfulness Meditation Session
Wed. 10/5 5-6PM | Gordon Conference Rm (3rd Floor)
• Take a few minutes to just sit and breath

Don’t forget, next week Late Night Library Hours start:
Sunday, 10/9 - Wednesday, 10/12 Library closes at 3AM
Finals De-Stress @ Gordon Li-
Wednesday, February 22nd — Friday, February 24th

Yoga In the Library Sessions
Wed-Friday, 4:00-4:45pm
- Relaxation focused
- Novice/beginner level
- Check in at the Info Desk
- No equipment needed

De-Stressing Station
Wed-Friday, 10:00am-2:30pm
- Next to 2nd Floor Info Desk
- Water coloring pages
- Zen Coasters - decorate and personalize drink coasters

Mindfulness Meditation Session
Wednesday, 2/22, 5-6pm
- Library Conference Room, 3rd floor
- Take a moment to just sit and breathe

Don’t forget! Late Night Library Hours:
Monday, 2/26 - Thursday, 3/2 Library open until 3AM
Mindfulness & Work/Life Balance
What we wish we had. What we actually have.

“Every thing does not have the same level of importance every day.” – Quiana Murray, Sponsorship Strategist
How do we find “balance” in a library?

• It’s more than just scheduling and blocking off time
  – Be mentally present in the moment, whether work or personal
• Remember that sleep is not an option, it’s a requirement
• Learn to say no; be realistic about your time
• Take care of your health
• Communicate
• USE your paid time off
• Don’t let your work follow you home...

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