

Sharing Breakthroughs

2017 OCLC RESOURCE SHARING
CONFERENCE

Mindfulness Panel



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What is Mindfulness?

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What is Mindfulness?

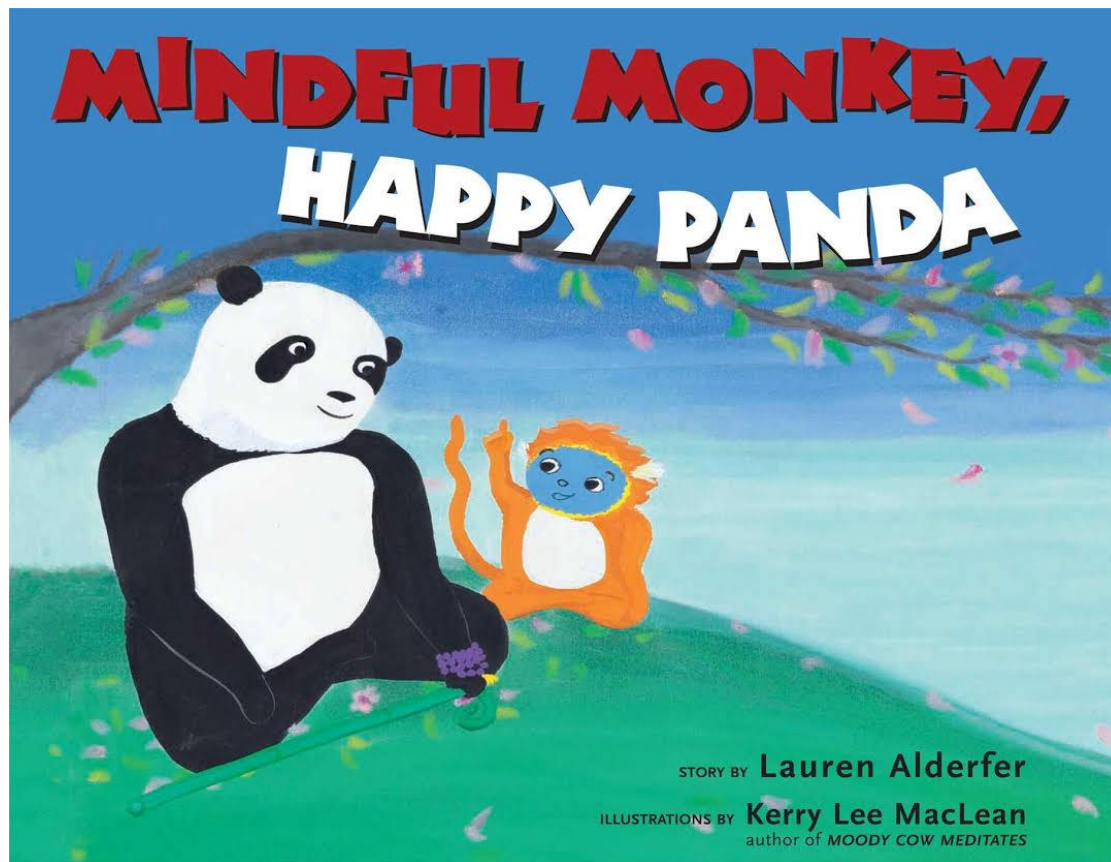
- Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it. ~ Sylvia Boorstein
- [Mindful] meditation is the only 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



<https://www.youtube.com/watch?v=cCFkLM4BP6U&t=218s>

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

"SALZBERG SPEAKS FROM EXPERIENCE...
AN EXTRAORDINARY TEACHER."

—O, *The Oprah Magazine*

Real Happiness at Work

*Meditations for Accomplishment,
Achievement, and Peace*



Sharon Salzberg

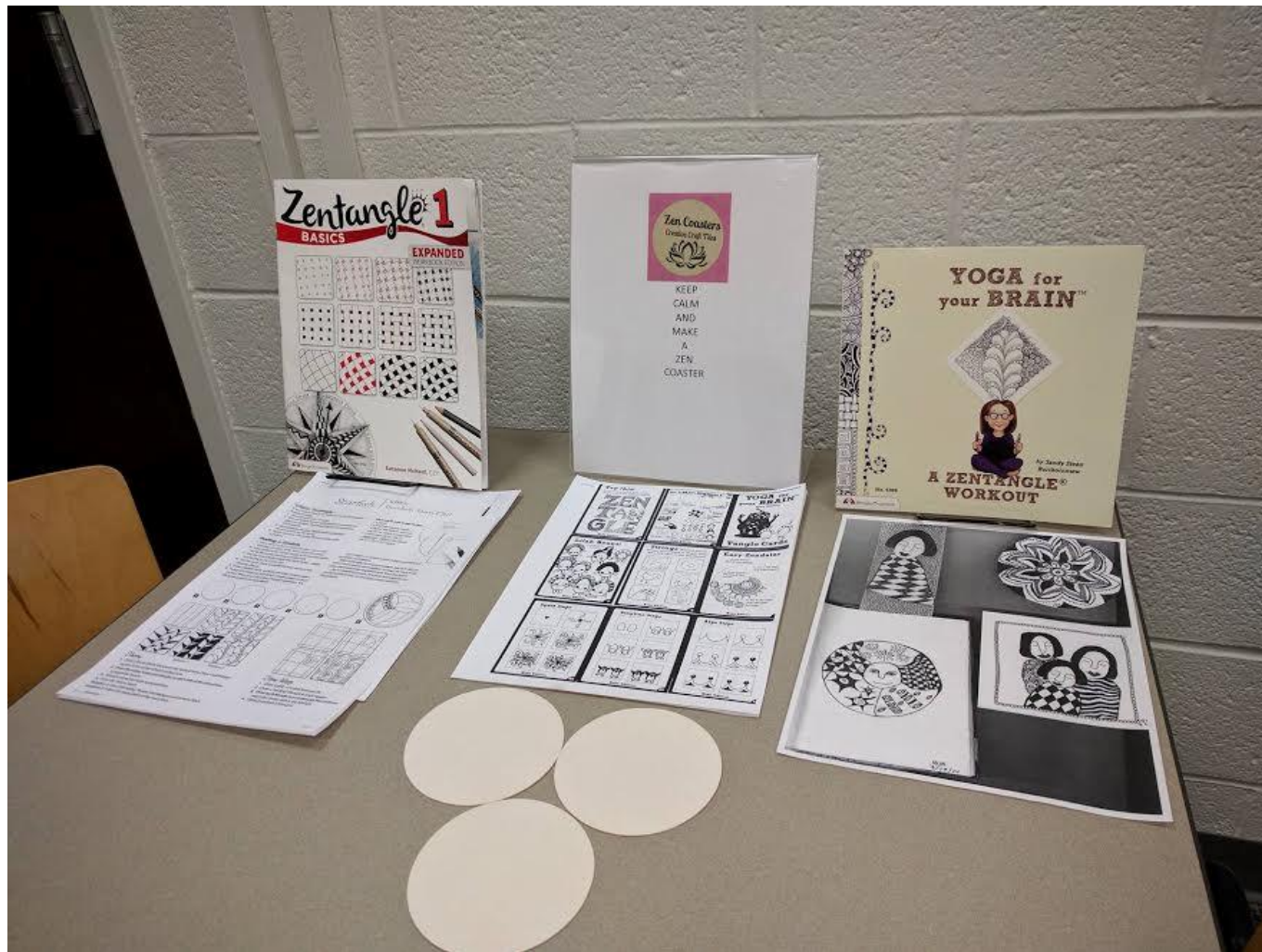
New York Times bestselling author of *REAL HAPPINESS*

<https://www.sharonsalzberg.com/real-happiness-at-work/>

Mindfulness and Stress Reduction







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

WORKWELLNESSHARMONY
RELAXATIONFAMILYBALANCE
FITNESSLIFE
SPIRIT
WORKOUT
EXERCISE
SOU
COMMUNITY
MEDITATION

Image source: Miller, B. (2016, February 10). How to improve work/life balance for employees. Retrieved February 28, 2017 from <http://hrdailyadvisor.blr.com/2016/02/10/how-to-improve-worklife-balance-for-employees/>

What we wish we had. What we actually have.

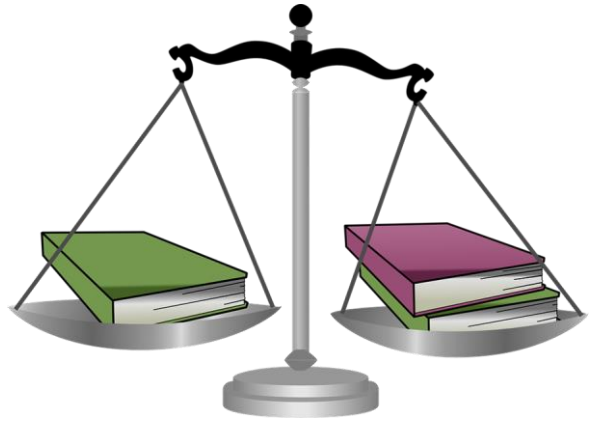


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"I'm working late at the office...I'll be home
when the kids are grown."

Search ID: jdlm246



*"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...



Lynne, K. (2015, June 23). Mum, are you feeling guilty that you cannot perfect that work/life balance? Retrieved from <http://www.karen-lynn.com/2015/06/mum-are-you-feeling-guilty-that-you-cannot-perfect-that-worklife-balance/>

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thank you

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