

Exercise #1

So, What's So Stressful about Working at the Library?

Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings.

In this group exercise talk through what actually contributes to the day-to-day stress of library employees. Compare your perceptions to those of others; of your library to other libraries; and of your department to other departments.

Be careful to separate myth and erroneous stereotypes from accurate analysis and observation.

Think in terms of these four focus areas:

1. The Organization (does the organization work as it was designed?)

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2. Time Stressors

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3. Patrons

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4. Staff and Personnel (Relationships, personalities, work habits, etc.)

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