

REDUCING WORKPLACE STRESS WITH MINDFULNESS


An Infopeople Webinar
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MY EXPERIENCE WITH MINDFULNESS IS...


- I have never practiced mindfulness
- I have practiced mindfulness in the past, but I do not do so regularly
- I occasionally practice mindfulness
- I practice mindfulness regularly (at least 3 times per week)
- I practice mindfulness every day





LET'S PRACTICE

Follow the sound of the chime with your full attention until you can no longer hear it.



MY WORK RELATED STRESS LEVEL IS...

- Low
- Medium / Average
- High



LIBRARY STRESSORS

- Challenging customers
- Security
- Challenges with co-workers
- Pace of change
- Having to do more with less
- Staff morale
- Community challenges – poverty, addiction, etc.
- Increasing need for specific skills – languages, technology, etc.



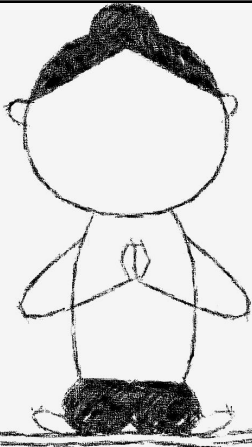
WHAT IS MINDFULNESS...

...and how can it help?

MINDFULNESS IS...

paying attention in a particular way –
*on purpose, in the present moment, and
nonjudgmentally.*
– John Kabat-Zinn





LET'S PRACTICE

Allow your full awareness to rest with your breath. Thoughts and feelings will come – no problem. Just keep gently bringing your attention back to your breath, over and over.



LET'S GET TO KNOW OUR
BRAINS!





Animal Brain
and Thinking
Center

Animal Brain –
limbic system

Animal Brain
knows how to
survive!

- Fight
- Flight
- Freeze

Thinking center
is our “new”
brain, where we
consider
consequences,
make decisions,
etc.

If animal brain
is triggered,
thinking center
cannot be
accessed.





All perception
goes through
the limbic
system first

The amygdala
is sloppy, on
purpose; it's job
is to promote
survival

The firing of our
amygdala is not
a mistake; it is
a prompt for
mindfulness

We can think of
mindfulness as
a hack that
brings us into
the present
moment





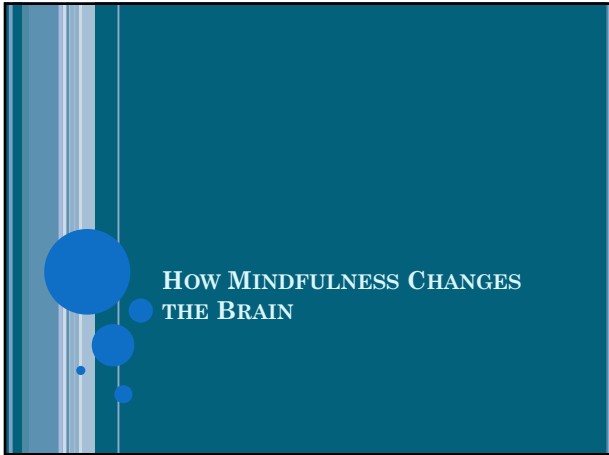
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Inale 4-3-2-1

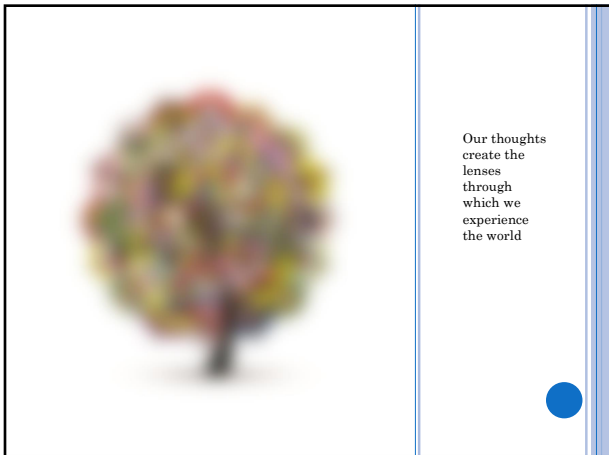
Exhale 5-4-3-2-1

Extending the
exhale longer
than the inhale
activates the
parasympatheti
c nervous
system
(relaxation
response)











Mindfulness
helps us to
see our
experiences
more clearly



REGULAR MINDFULNESS PRACTICE...

- Reduces Stress
 - reduces the size of the amygdala
 - reduces cortisol
- Builds New Neural Pathways (neuroplasticity)
 - increases empathy
 - increases the space between perception and reaction

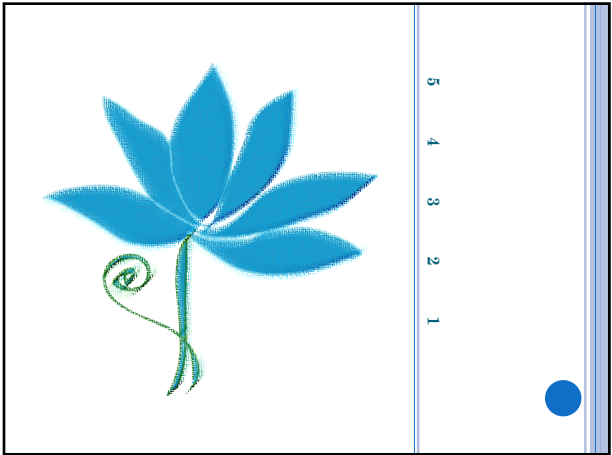


You can't stop the waves,
but you can learn to surf.

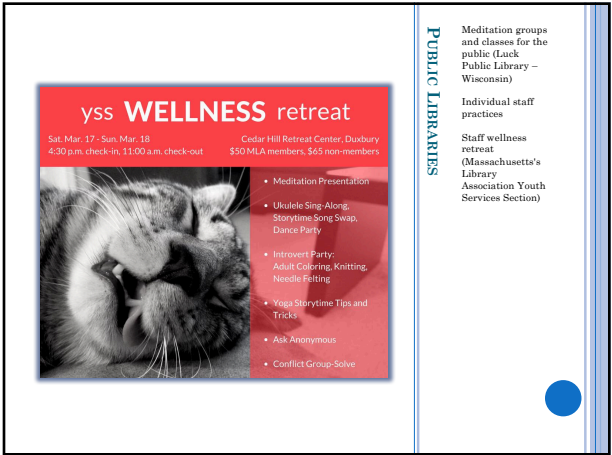
Jon Kabat-Zinn
Wherever You Go, There You Are

imperfectionistblog.com









Stressed on Reading Day and need a break?

Drop by the Zen Den!

Wednesday, May 9th | Bell Library Rm 102

8:30 - 9:15am		Stressless Yoga
9:15 - 9:45am		Relaxation Meditation
10:00 - 11:00am		Experiential with Sound
11:30 - Noon		Eating Meditation
<i>How to stay motivated to go to classes during your semester!</i>		
Noon - 1:00pm		Educational Interlude
<i>Your brain on stress. What can you do?</i>		
1:00 - 1:30pm		Calming Yoga for Anxiety Reduction
1:45 - 2:15pm		Experiential with Sound
2:30 - 4:00pm		Twisting Down? Yoga for Emerging
4:15 - 5:00pm		Compassion and/or Walking Meditation

Feel free to bring your own yoga mat (or beach towel)
A fee will be available.

Not a yogi? That's ok!
This yoga is for EVERYONE.


Brought to you by Bell Library and Counseling Services

ACADEMIC LIBRARIES

Mindfulness areas for students (iRelax - University of Toronto)

Mindfulness programs for students

Mindfulness groups and classes for both students and staff



SCHOOL LIBRARIES

Mindfulness passes



ESTABLISHING YOUR MINDFULNESS PRACTICE

TIPS FOR GETTING STARTED

- Explore different practice styles
- Look for classes, teachers, and resources in your area
- Make a realistic commitment
- Bring in local experts to provide staff training
- Breathe

Body Scan Meditation

- 1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your feet.
- 3 Working up from your feet, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



Health Benefits:
• Reduced stress
• Decreased muscle tension
• Increased self-awareness

Why it works to reduce stress:
Body scan meditations encourage self-awareness of sensations we might otherwise be unaware of.

FINAL PRACTICE

Body Scan
Allow your full awareness to travel from one part of the body to the next. Rather than thinking about the body, just notice what you feel and where you feel it.

RESOURCES



MORE FROM KATIE SCHERRER
WWW.CONNECTEDCOMMUNITIESCONSULTING.COM

- Stretch Your Storytime webinar with Infopeople, 6/5/18
- Stories, Songs, and Stretches! Certification: Support physical literacy, early literacy, and social-emotional learning of PreK kids with yoga-inspired movement
- Yoga Storytime presentation with Jenn Carson at ALA Annual, Sunday 6/24, 9 AM
- Mindfulness and Stress Reduction in the Library: 4 week online course, September 2018
- Movin' and Groovin' in the Library presentation with Noah Lenstra and Barbara Scott, ALSC Institute, September 2018
