REDUCING WORKPLACE STRESS WITH MINDFULNESS
An Infopeople Webinar
May 24, 2018

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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

Let your full awareness 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

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

L E T  S P A R C E
HOW MINDFULNESS CHANGES THE BRAIN

Our thoughts create the lens through which we experience the world.
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
MINDFULNESS AND LIBRARIES

Meditation groups and classes for the public (Luck Public Library – Wisconsin)

Individual staff practices

Staff wellness retreat

Massachusetts Library Association Youth Services Section
Mindfulness areas for students (iRelax - University of Toronto)
Mindfulness programs for students
Mindfulness groups and classes for both students and staff

School Libraries

Academic Libraries

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

FINAL PRACTICE

Body Scan Meditation

1. Set aside time and place to meditate when you are not disturbed or distracted.
2. Find a comfortable, seated, or standing position, close your eyes, and focus your attention on your feet.
3. Moving up from your feet, bring awareness to each body part: knees, thighs, hips, lower back, upper back, neck, head, etc.

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