



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.*

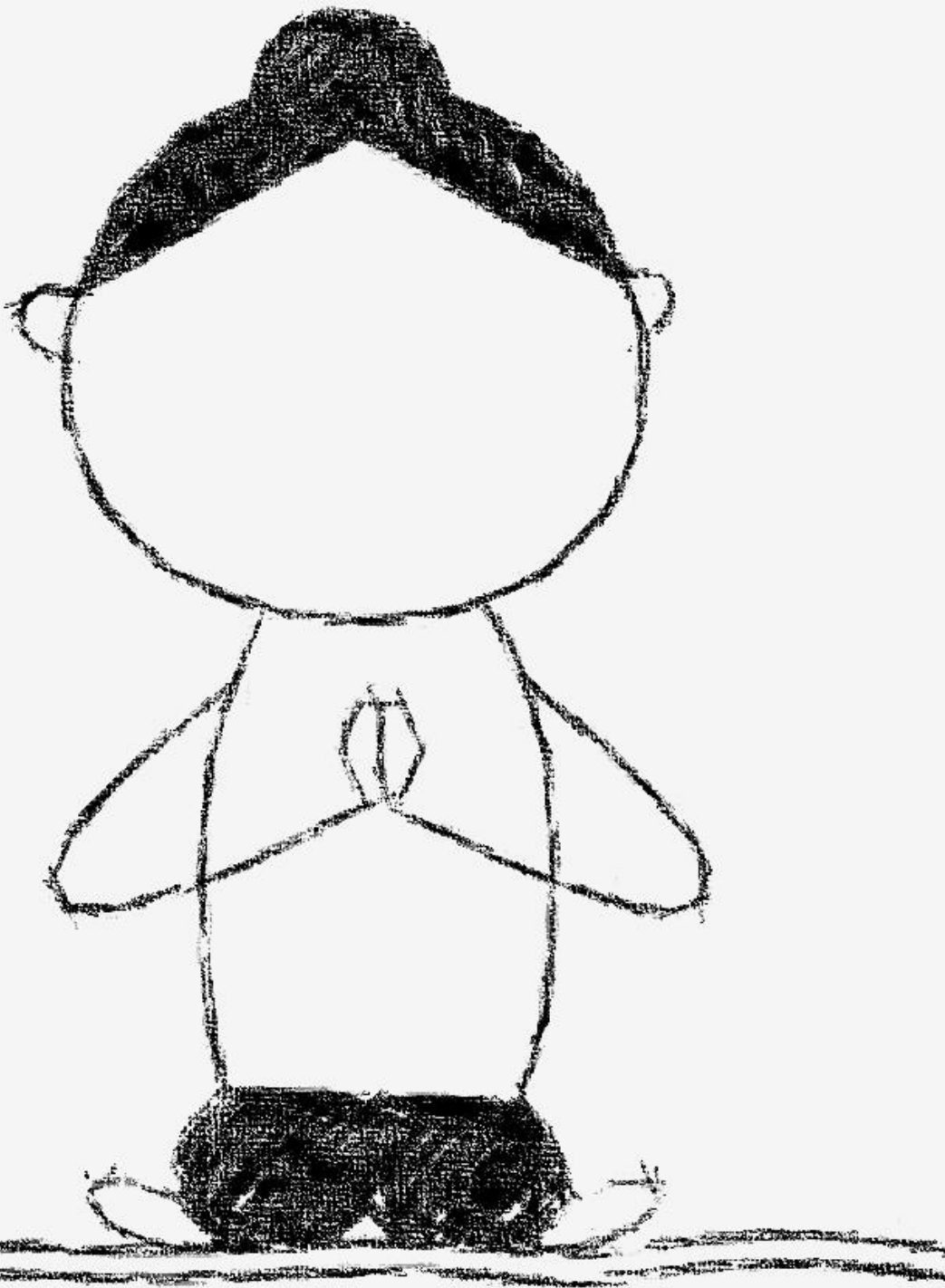
– John Kabat-Zinn



LET'S PRACTICE

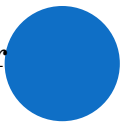
Allow your full awareness to rest with your breath.

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



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LET'S GET TO KNOW OUR
BRAINS!



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





T E T , S P R A C T I C E

Inale 4-3-2-1

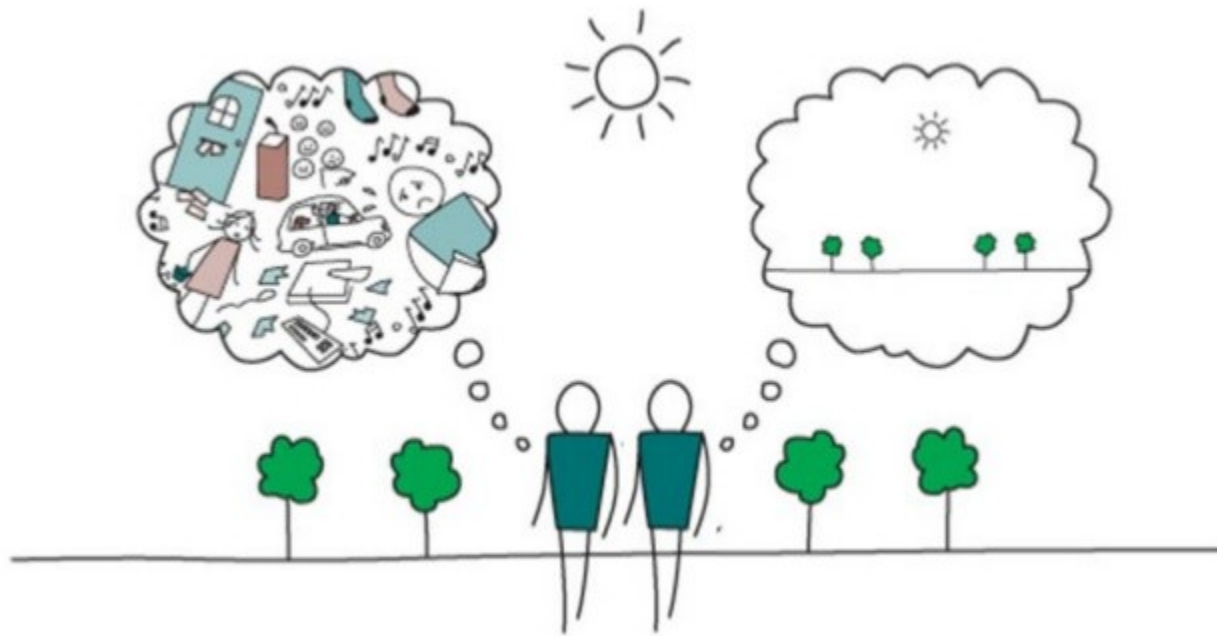
Exhale 5-4-3-2-1

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



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HOW MINDFULNESS CHANGES THE BRAIN



Mind Full, or Mindful?





Our thoughts
create the
lenses
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.

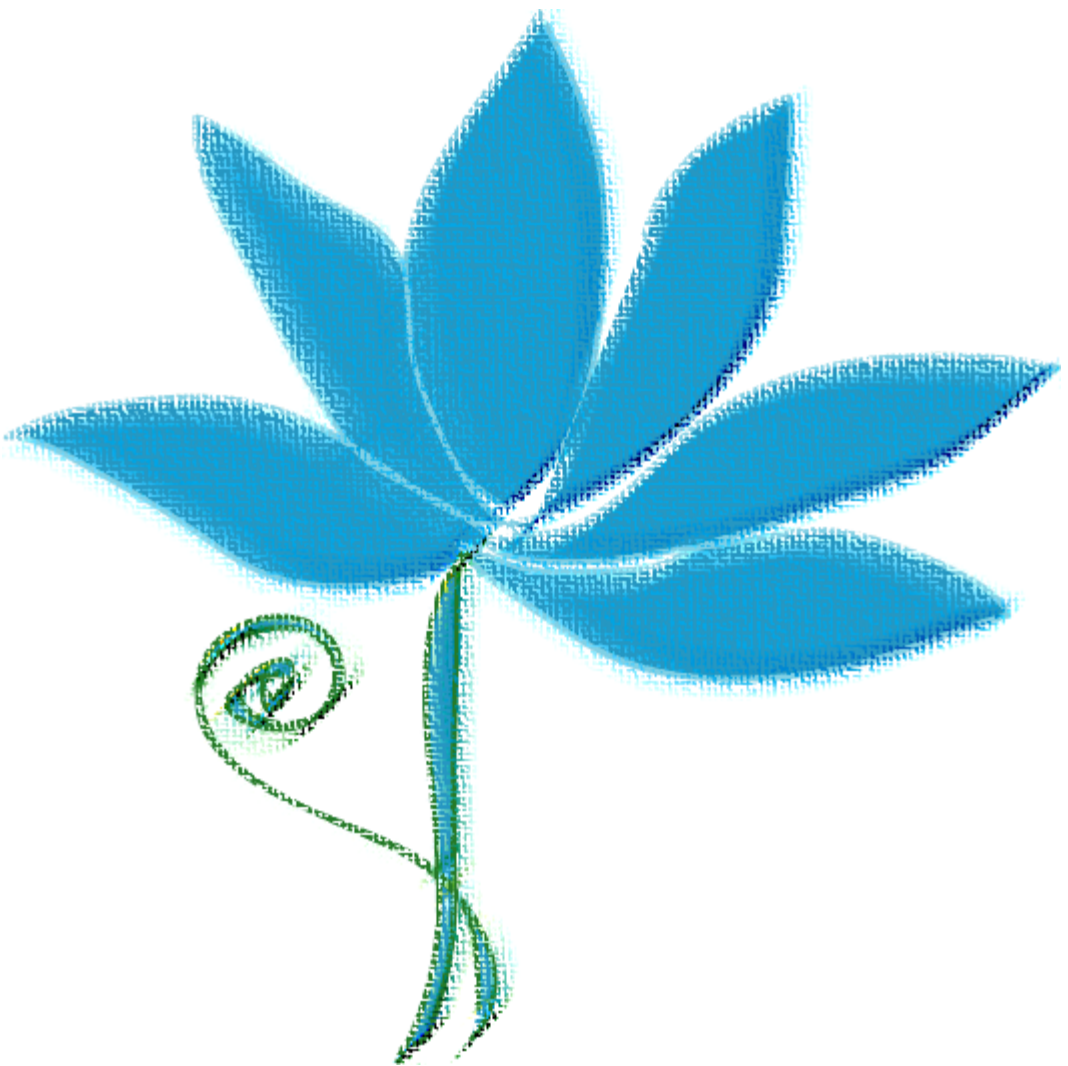
Jon Kabat-Zinn
Wherever You Go, There You Are

imperfectionistblog.com





5 4 3 2 1



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MINDFULNESS AND LIBRARIES

yss WELLNESS retreat

Sat. Mar. 17 - Sun. Mar. 18

4:30 p.m. check-in, 11:00 a.m. check-out

Cedar Hill Retreat Center, Duxbury

\$50 MLA members, \$65 non-members



- Meditation Presentation
- Ukulele Sing-Along, Storytime Song Swap, Dance Party
- Introvert Party: Adult Coloring, Knitting, Needle Felting
- Yoga Storytime Tips and Tricks
- Ask Anonymous
- Conflict Group-Solve

PUBLIC LIBRARIES

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

Individual staff practices

Staff wellness retreat (Massachusetts's 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

Stressed on Reading Day and need a break?

Drop by the Zen Den!

Wednesday, May 9th | Belk Library Rm 102

8:30 – 9:15am	Sunrise Yoga
9:20 – 9:45am	Relaxation Meditation
10:00 – 11:00am	Experimenting with Smell
11:30 – Noon	Eating Meditation
<i>(Only a light snack is provided, but you're welcome to bring your own food!)</i>	
Noon – 12:30pm	Educational Interlude: <i>Your brain on stress. What can you do?</i>
12:45 – 1:30pm	Calming Yoga for Anxiety Reduction
1:45 – 2:45pm	Experimenting with Sound
3:00 – 4:00pm	Feeling Down? Yoga for Energizing
4:15 – 5:00pm	Compassion and/or Walking Meditation

Feel free to bring your own yoga mat
(or beach towel)!

A few will be available.

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

Brought to you by Belk Library
and Counseling Services





SCHOOL LIBRARIES

Mindfulness
passes



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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 toes.
- 3 Working up from your toes, 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 pain tolerance

Why it works to reduce stress:

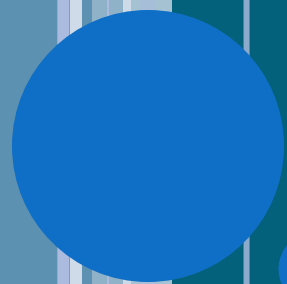
Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

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



INSIGHT

Peace in our Timer



"ANYONE WHO HAS A JOB WILL FIND TREASURES HERE."
—Daniel Goleman, author of *Emotional Intelligence*

Real Happiness at Work

*Meditations for Accomplishment,
Achievement, and Peace*



Sharon Salzberg

New York Times bestselling author of *REAL HAPPINESS*

The Mindful Librarian

Connecting the Practice of
Mindfulness to Librarianship

Richard Moniz, Joe Eshleman, Jo Henry, Howard Slutsky and
Lisa Moniz



10TH ANNIVERSARY EDITION

WHEREVER
YOU GO
THERE
YOU ARE

MINDFULNESS MEDITATION
IN EVERYDAY LIFE

JON KABAT-ZINN

AUTHOR OF *FULL CATASTROPHE LIVING*
AND *COMING TO OUR SENSES*

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

