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
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
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)
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
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

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
(Only a light snack is provided, but you’re welcome to bring your own food!)
Noon – 12:30pm | Educational Interlude: Your brain on stress. What can you do?
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
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

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