

Checking-In Instead of Checking-Out: Taking a Mindful and Compassionate Approach to Librarianship

Imagine what a library can be

DISCOVER





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Check-in:
How are you doing today?
Take 3 deep breaths.



In a 2018 study, 50% of librarians reported regularly interacting with people struggling with mental health

Poll: How often do you field questions from library patrons about mental health?

Poll: How equipped do you feel to answer
library patron questions about mental health?

What would you do?

Gary is a regular in your library. He often keeps to himself, although he has been known to approach other patrons and the library staff with intrusive questions and to talk about his difficulties.

He approaches your coworker, his “favorite” librarian. Gary is speaking loudly and invading their space even after repeated requests to speak in a conversational tone and observe social distancing rules. Gary starts talking loudly about how “no one ever helps” him.



What can you do? Try an A-B-C tactic

APPROACH

If it is a safe situation, approach the person.

BOUNDARY

Set a boundary

CAN

Once you've communicated the boundary, tell the person what you or they can do



Poll: How often do you have to address mental health crises as a librarian?

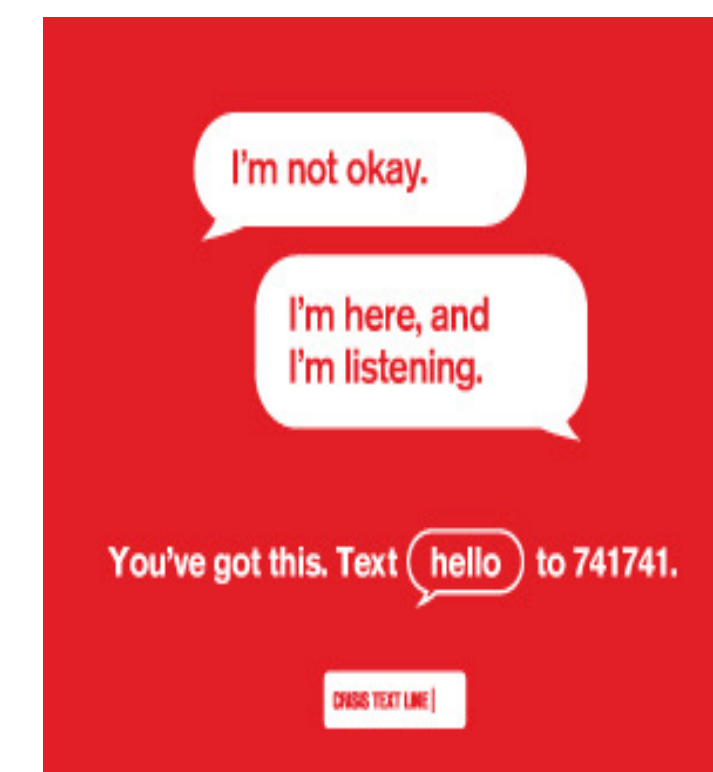
Poll: How equipped do you feel to deal with mental health crises among library patrons?

What would you do?

If you were concerned that Gary was not able to keep himself safe and were worried he was at risk for suicide:

Connect with a crisis resource immediately. This may be:

- Local Mobile Crisis Unit
- A Hotline or Text Line
- Emergency Medical Services



A Self-Compassion Break

MINDFULNESS

This is stress.

This is challenging.

“Ouch.”

COMMON HUMANITY

I am not alone in feeling this way.

Everyone feels this way sometimes.

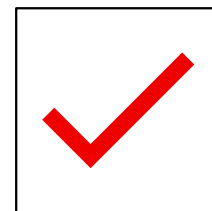
SELF-KINDNESS

May I be patient with myself.

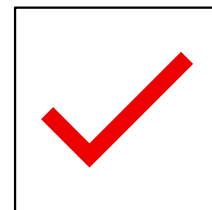
May I be kind to myself.



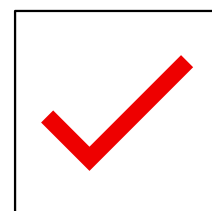
How can you be
proactive in
supporting
people?



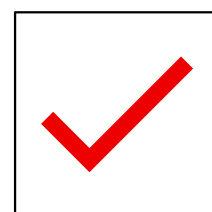
Have resources available to offer people



Connect with local social services agencies, community mental health providers, public health departments, and colleges and universities



Seek out training to support yourself and your colleagues and have plans for supporting people in crisis



Promote awareness and education

Poll: Overall, what impact on your emotional health and wellbeing does your library job have?

What can you do for you?

REMEMBER WHAT BRINGS YOU TO THE WORK

What are your values?

What is important to you about what you do?

BOUNDARIES AND HEALTHY LIMITATIONS

What can you, and others, reasonably expect of you?

PRACTICE MINDFULNESS AND SELF-COMPASSION

What can you do here and now?

What can you do, knowing you are just one person?

ASK FOR HELP AND SUPPORT

Who can you ask for help at work? Outside of work?

Who can support you?

Who can help you feel more equipped to take on the job?





What are three
things you are
feeling grateful
for today?

Questions and Discussion

One last thing

If you could give just one tip, action step or piece of advice for all the librarians out there, what would it be?

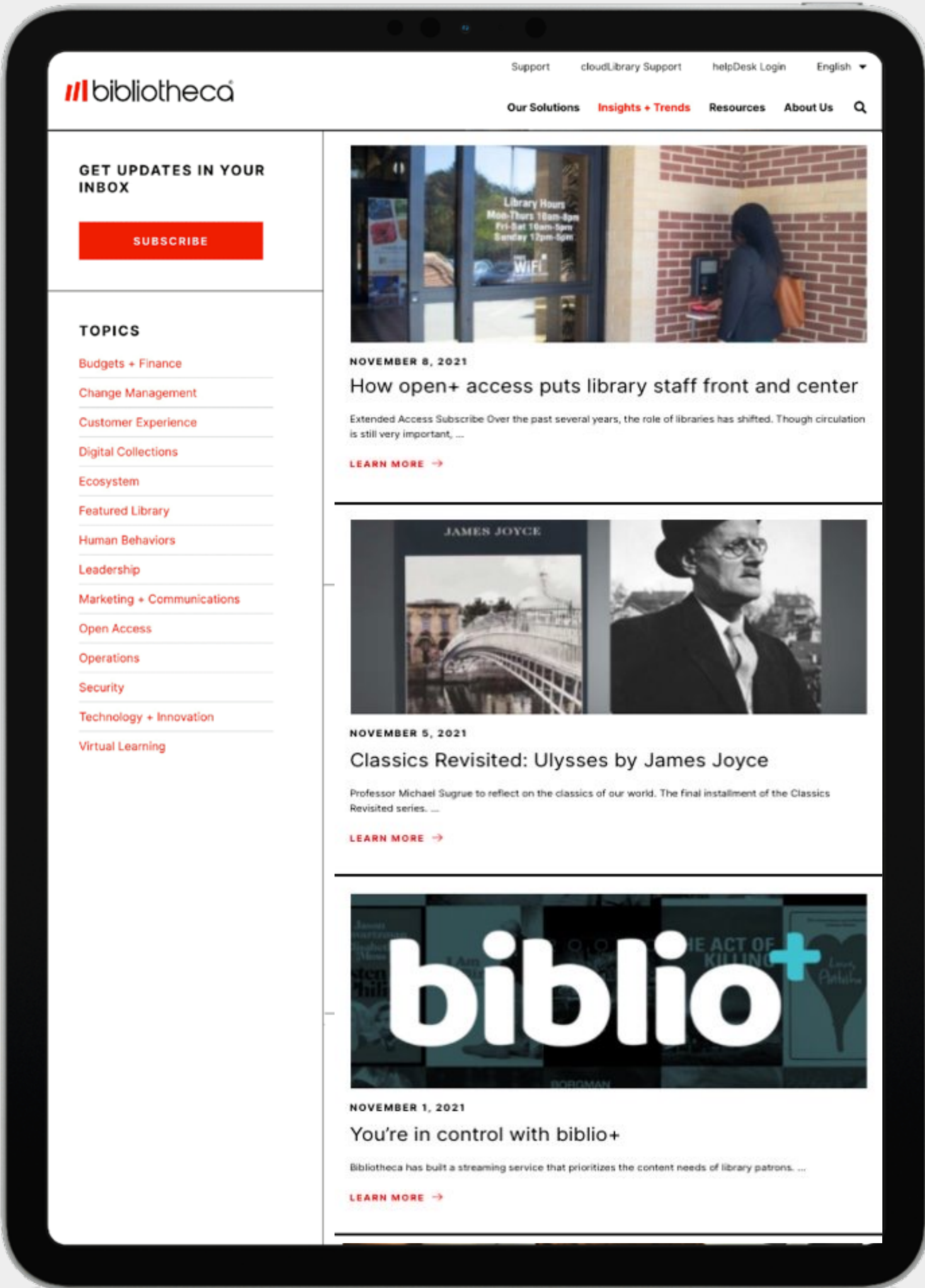
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“This was great. I learned a lot, especially about what more I need to learn. The presentation was clear, precise, and at a great level of understanding. Thank you.”

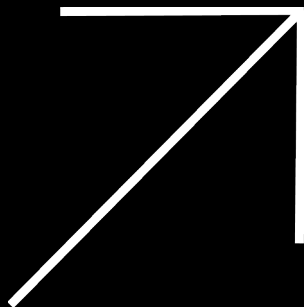
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Do you have any comments or questions?



Thank you.

"Imagining future library potential,
engineering real library solutions"

