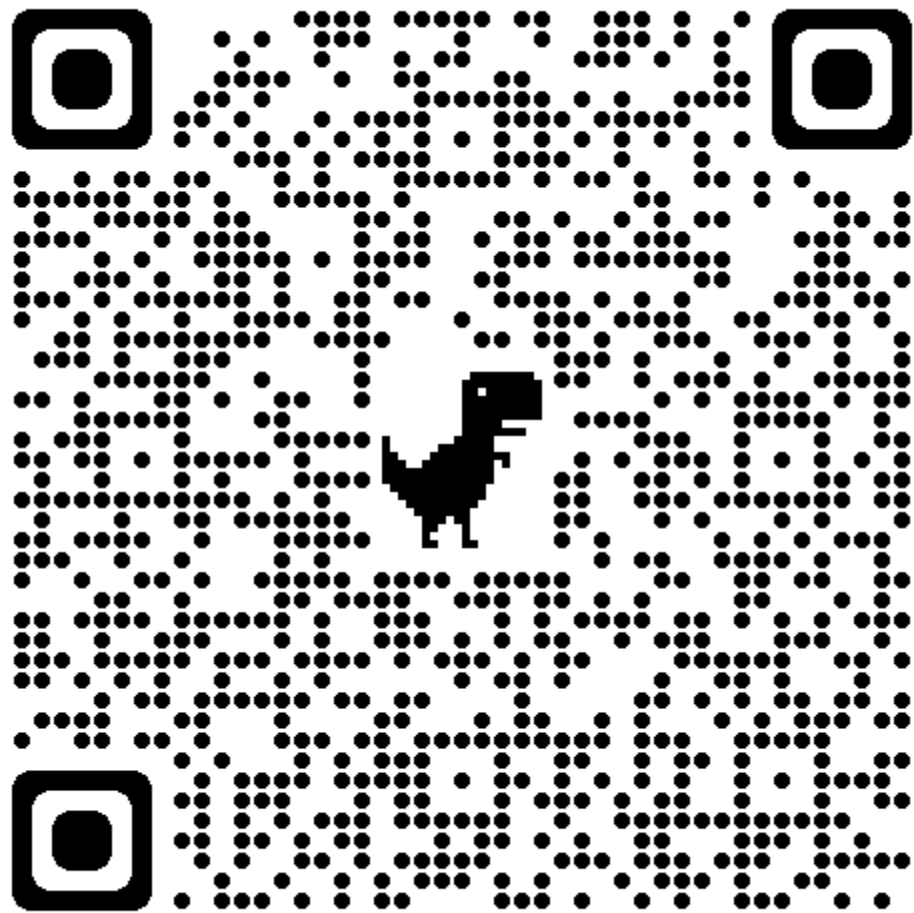
A yellow L-shaped graphic is positioned on the left and right sides of the slide, framing the main title. It consists of a vertical line on the left, a horizontal line at the top, and another vertical line on the right, with a horizontal line at the bottom connecting the two right-side vertical lines.

# Recognizing Stress, Employing Self Care and Avoiding Burnout in Today's Library Landscape

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# Transition

Shift our head and heart space

Close eyes or soft focus

Take some breaths, ground your feet, notice the sounds around you

Be present in this moment

Intention for today

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# Stress

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Stress is a presence in our lives that is inevitable. Recognizing that you are stressed is important whether you clench your teeth, escalate in a conversation, or even feel sad.

The World Health Organization has recognized burnout as a syndrome:

- Feelings of Energy Depletion
- Feelings of Cynicism related to one's job
- Reduced Professional Efficacy



# Activities

## What do I have control of?

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This is a time to feel empowered and unified as librarians to support each other and yourself with practices that will help you bring back that lovin' feeling

## How can I choose to react?

It may seem too daunting a task to weather the everyday struggles and challenges of a lifetime that we face as librarians.

Remember that these activities are here to help you decide how to react to the stressors around you rather than feeling like you are backed into a corner.

You have agency, don't forget to use it.

# Back to December All the Time-T. Swift



## Your Why

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There is a reason you are doing the work you are doing but sometimes that call can be hard to hear.



## Reacquaint

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Take a moment, close eyes, soft focus. Imagine your ideal day in your ideal library. How does that feel?



## Vision

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Now let's put that feeling into pictures or words. No right or wrong. Capture the feeling into colors, drawings or just words.



## Touchstone

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This vision is your touchstone. Come back to this feeling again and again.

# Self Care

While the vision is your ultimate big picture to put things in perspective, what do you do in the moment?

Let's brainstorm self care ideas that can help you get through the moment, day or week.

Incentivize yourself with a promise to get that book you've wanted, go on that hike, etc.

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# Self Care

What fills your cup?

What do you have control over?

What works for you?

Just do it. Schedule time on the calendar. If you can schedule a dentist appointment, time to do a book tasting for a class, etc...then you can schedule time for you.

Seriously, write it down, send yourself a calendar invite, whatever works.



# SMART Goals

- Specific
- Measureable
- Attainable
- Relevant
- Time

# Setting yourself up for success

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Using a SMART goal for tasks that need to be done in the library can make molehills out of mountains.

Burnout can be lessened with decreasing anxiety and stress over projects when they are broken down into snackable bite size pieces.

“A year from now you will have wished you had started today.”

“The thousand mile journey begins with the first step.”



# Setting SMART Goals

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Put energy into goals that you have already prioritized and keep your focus. Don't get distracted by shiny objects and if you are still contemplating doing something, it is not a goal.

Listen to the difference in these goals:

“I want to lose weight.”

“I want to be able to fit into the bridesmaid's dress for my sister's wedding in June by walking 3 x a week.”



# What's next?

## How can I break this goal down?

If you have a goal to be done in three months, break down the goal into those snackable bites that feel like progress but not too much of a reach.

First step in re-organizing your graphic novel section may be as simple as sitting in area and visualizing what you want/need it to be and working up to doing work in it once a week for 15-30 mins or more.

## How can I be held accountable?

If you are the only one that knows your goal, then you can get away with not doing it.

Find an accountability point of contact.  
(colleague, manager)

Put it on your calendar-Just like with self care.  
Move obstacles out of the way of this goal by giving yourself time to focus on it.

- Specific
- Measureable
- Attainable
- Relevant
- Time

Worksheets, YaY!

Thank you for  
your time today!

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