



Self-Care Webinar Bundle

Arresting the Time Robbers in Your Life

Our first priority is to take care of our patrons, of course. But that's just the beginning of what's on our to-do list every day. And as much as we'd like it to be, surrender is NOT an option. Instead, it's time we "arrest the time robbers" that steal that precious commodity when we aren't paying attention! Don't miss this opportunity to step back and see where your time really goes – and discover how you can gain control of your time to serve your patrons even better than before!

Learning Objectives:

- Recognize time robbers
- Discover specific ways to deal with each time robber
- Discover how you can gain control of your time and serve patrons even better

Presenter: Linda Bruno

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Resilience in Challenging Times

Do you know someone who keeps on keeping on, no matter what life throws at them? How do they continue to thrive, flourish and grow even stronger as they overcome the obstacles they face? The answer is resilience which is described as "the process of facing adversity and bouncing back from difficult experiences." This session will focus on key skills to not only survive and bounce back after a setback, but to come back stronger and wiser.

Learning Objectives:

- Take control of your choices and your life
- Increase your sense of positivity and positive emotions
- Develop the ability to respond to adversity with optimism and hope

Presenter: Marti Peden

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Navigating through Times of Transition

Navigating through Times of Transition is about how to move forward during times of limbo and uncertainty and take up new behaviors or ways of thinking. This session will teach how to handle transitional periods of change with less disruption and sustained productivity. The program will focus on understanding and mastering the human side of change, which is more complex and harder to achieve.

Learning Objectives

- Survive and thrive during times of limbo and ambiguity
- Learn new ways of adapting to change so you can move your life forward
- Gain helpful tips to reduce the stress caused by change and transition

Presenter: Marti Peden

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Ditch the Drama: Strategies for Peak Performance: More Peace, Less Drama

We are living and working in dramatic and demanding times. A lot of focus and energy are dissipated on drama instead of productive, proactive work. This workshop focuses on changing your mindset and behavior in ways that help you find happiness and success regardless of your circumstances. In addition, you will learn how to deal with negativity, complaints, and gossip as well as learning tools to coach others.

Learning Objectives:

- Take personal responsibility for your happiness and success
- Diffuse drama
- Learn positive ways to deal with negativity at work

Presenter: Marti Peden

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Self Care Is Survival: Stress, Burnout, Work, & COVID-19

Do you find yourself always being busy at work? Working past your regular hours? Thinking about work night and day? Not taking your vacation time? Starting to dread going to work, getting sick a lot, or feeling overworked and exhausted? You are not alone. Library work, in any role and any type of library, can take a heavy toll on people. This panel presentation will address best practices for self-care from three perspectives: what you can do for yourself, what you can do as a coworker for others, and what you (or others) can do in management roles. Hear from a variety of library staff in different roles and types of libraries. Participants will come away with practical tips and action items to implement right away to better take care of yourself, others, and to foster a physically and mentally healthy work environment.

Presenters:

Emily Clasper, Director of Service Strategies, River Campus Libraries University of Rochester

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2021 Breath by Breath: Dealing with Anxiety through Yoga- 30 minutes

Approximately 40 million Americans deal with anxiety disorders. Anxiety is a common mental health concern that we are seeing more often. Our brain function remains the same but our lifestyles keep taking on more and more stress, just like what is happening during the current COVID-19 crisis. Yoga helps to reduce anxiety by stimulating the parasympathetic nervous system or the “rest and digest” system.

Learning Objectives

- How Yoga/Meditation help to reduce anxiety
- Breath Control for anxiety
- The Basics of Mindfulness

Presenter: Vanessa Blair Farris

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Bullet Journal Basics

Have you seen bullet journaling on social media? Are you wondering what it's all about? This webinar will teach you about bullet journaling, which is a flexible organization method that can be your planner, to-do list, notebook, calendar, and more - all in one place! A bullet journal allows you to create a customizable system that works for you to help you get organized, whether you prefer a beautifully decorated scrapbook or a lean list-making planner. You will also learn how to present a program on bullet journaling at your own library.

Learning Objectives:

- Attendees will learn what bullet journaling is and what components typically make up a bullet journal
- Attendees will learn how to create a bullet journal and ways to use a bullet journal as an organization system
- Attendees will learn how to facilitate a class on bullet journaling at their own library

Presenter:

Mary Jo Kachurik is an Adult Services Librarian at Warren-Trumbull County Public Library

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Caring for the Mind

Library staff are often the first line of response for mental health issues, whether answering questions or dealing with afflicted patrons. In this class, participants will learn how to effectively provide mental health information using the best free electronic resources as well as best approaches for handling interactions with emotional patrons.

Objectives:

- Gain awareness of mental health issues.
- Learn to respond to challenging reference questions for mental health information.
- Be informed of tools for collection development and mental health research including the latest web sites and databases.

Presenter: Sarah Miles, Health Professions Coordinator for the South Central Regional Medical Library of the National Network of Libraries of Medicine

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Caring for Yourself First - A Conversation about Self Care

Providing care and customer service in a public setting is purposeful and wonderful work. However, without our ability to take care of ourselves outside of the work, we can become unwell and at risk of burnout. Our communities need you now more than ever! Let's come together to discuss how and why this work can be depleting and ways to seek and sustain balance so that we can keep doing it!

Presenter:

Erin Turner, LISW-S, is the Intensive Services Program Manager at Crossroads/Beacon Health in Lake County and Adjunct Faculty for Youngstown State School of Social Work Graduate Program

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Managing Change and Worry in a Time of Uncertainty

Finding and sustaining a sense of control during times of ambiguity is complicated and very human.

Learning Objectives

- You will gain self awareness surrounding their own personal signs and triggers to worry and grief
- You will learn ways to heal and cope with tools to support the process
- You will gain awareness of ways to practice emotional agility during times of stress.

Presenter: Erin Turner

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Coping in a New World: How to continue to thrive and cope while providing public service

Participants will engage in learning around ways to take care of ourselves and provide quality public service during COVID.

Objectives:

- Consider change and how it impacts us
- Learn ways to keep ourselves safe and well emotionally during times of change
- Learn new techniques to support decreasing levels of worry and anxiety

Presenter: Erin Turner

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How to Become a Positive Thinker

This online workshop is for people who prefer to look on the upside instead of the downside and who recognize that we can all use some support in doing so from time to time. Join Cheryl as she talks about our natural instincts to be problem solvers and how we can re-frame stressful situations. By stressing the value of play and fun (which we'll be having in this session), you'll get some new solutions for dealing with negativity and learn how to move forward to a positive new future.

Presenter: Cheryl Gould

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