**Taking Care of Self, Staff, and Community**

<https://www.webjunction.org/events/webjunction/taking-care-of-self-staff-and-community.html>

We’re all aware that self-care is important. We recognize the value of eating healthy, getting plenty of sleep, exercising regularly. However, practicing self-care as a solo activity misses a critical aspect of our well-being: that we are social beings and we need social connection for deeper sustenance. In this webinar, we’ll explore ideas for expanding core self-care practices to encompass connections with work colleagues and more broadly with community members. Extending kindness and nurturing outward increases social cohesion and trust. The presenters will share practical examples and you will be encouraged to think about your own unique interests and how they might enhance your social connections.

Presented by: [**Brenda Hough**](https://brendahough.com/), librarian, writer, and trainer with 25 years of professional experience working in and supporting libraries by providing training and consulting services; and [**Betha Gutsche**](https://www.webjunction.org/about-us/our-team/gutsche-betha.html), WebJunction Program Manager, OCLC.

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| **What are your goals for viewing this webinar?** |
| **Personal Goals** |  |
| **Team Goals** |  |
| **Self-Care** |
| Self-care is about spending time physically, mentally, or spiritually taking care of yourself.* What do you do to take care of yourself?

* Which of these would you enjoy doing with others?
* What limits or barriers do you encounter in your self-care?
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| **The Power of Social Connection** |
| There are numerous studies\* that correlate social connection with health and well-being, both for the individual and for whole communities.What is your experience of the power of social connection?* In your personal life?

* In your library work?
* [Connectedness & Health: The Science of Social Connection](http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/); Dr. Emma Seppala; Stanford Medicine; May 8, 2014
* [Social Connection Makes a Better Brain](https://www.theatlantic.com/health/archive/2013/10/social-connection-makes-a-better-brain/280934/); E. E. Smith; The Atlantic; Oct 29,2013
* [Socially Connected Communities: Solutions for Social Isolation](https://healthyplacesbydesign.org/socially-connected-communities-solutions-for-social-isolation/)
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| **Bringing Self-Care to the Workplace** |
| What does your workplace already do to support the well-being of staff?What ideas will you take back to your workplace to improve your own or your peers’ well-being at work?  |
| **Action Plan: Community Networks of Care** |
| Building the bridge from self-care to community care is going to be different for each library and for each staff person. Here are some suggestions to get started. You are encouraged to take this in the direction that makes the most sense for YOU, your library, and your community.* Take an inventory of any skills, talents, or affinities among your colleagues that are not likely to be part of their job description or responsibilities, e.g., someone learning to play the ukulele.

* Collect ideas from your colleagues about the things they do individually for self-care.

* Assemble a group and select the most intriguing ideas to do some brainstorming around (one idea at a time).
	+ First look at the self-care action and dissect it to understand the emotions and motivations behind it, what the feelings are that make it effective as self-care.
	+ Then come up with as many ideas as you can for expanding the seed idea into library programs that support community care.
	+ Remember the [Brainstorming Rules](https://www.webjunction.org/content/dam/WebJunction/Documents/webJunction/Topics/smart-spaces/brainstorming-rules.pdf)!
* Sustain the thread of your self-care. For each Community Care program, think intentionally about how you will keep the activities satisfying and fulfilling to yourself.
	+ Who might you partner with to share responsibilities?
	+ How might you empower community members to contribute to or create programs?
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