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Taking Care of Self, Staff, and Community

March 10, 2022

In this session, we'll focus on:

**The Power of
Social Connection**

Self-care

**Workplace
Well-being**

**Community
Care**

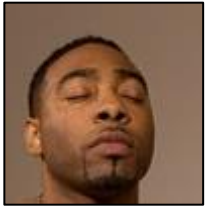
Self-Care: spending time physically, mentally, or spiritually taking care of yourself



Self-Care: spending time physically, mentally, or spiritually taking care of yourself

* Not always solo

* Not always during “off” hours



The Power of Social Connection

A group of four diverse people (three men and one woman) are smiling and looking towards the camera. They are wearing light-colored t-shirts with the word 'VOLUNTEER' printed on them. The background is a plain, light color.

We are social beings

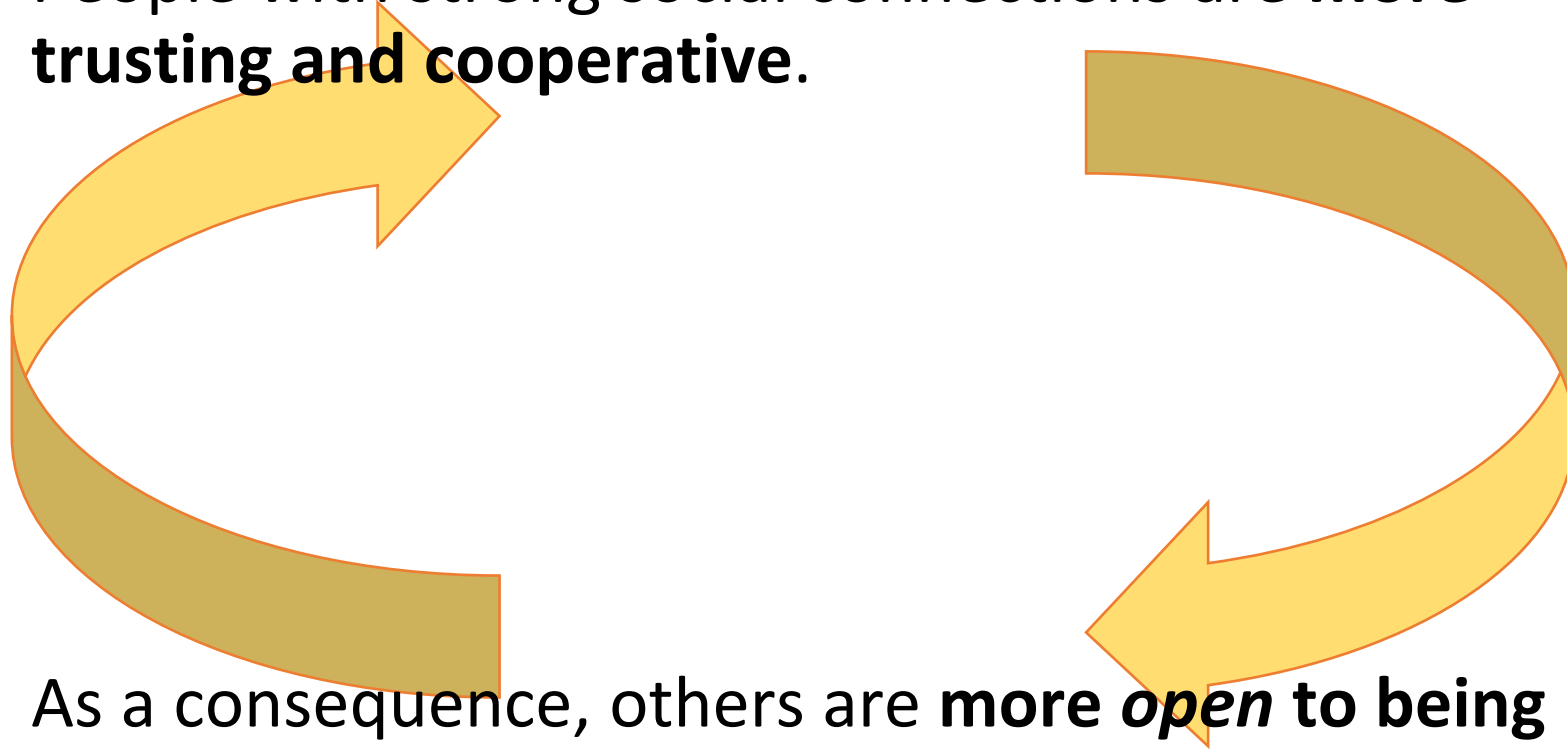
“Social connections are as important to our survival and flourishing as the need for food, safety, and shelter.”*

If the fabric of society has holes, it is social connection that can help with the mending.

*Source: [Social Connection Makes a Better Brain](#);
E. E. Smith; The Atlantic; Oct 29, 2013

The social connection feedback loop

People with strong social connections are **more trusting and cooperative**.



As a consequence, others are **more open to being trusting and cooperating** with them

Bowling alone

“If people bowl alone, they do not participate in social interaction and civic discussions that might occur in a league environment.”

—Wikipedia



Photo: Bowling alone by [Kilgub](#) on [Flickr](#) CC BY-NC-ND 2.0

Socially Connected Communities



Image source: Pixabay

"We must reshape our communities in ways that support meaningful social connection among residents, improve trust between neighbors, and strengthen an overall sense of belonging and community."

<https://healthyplacesbydesign.org/socially-connected-communities-solutions-for-social-isolation/>

Community Care




Community care consists of both BIG and SMALL actions that we can take to show our support for another person or group of people.



It's about **our collective social responsibility** to support one another... and to work to address systemic issues.



Bringing Self-Care to the Workplace



“Take the humanity with which
we serve community and turn
that inward to serve ourselves.”

– Veronda Pitchford, Califa

Social Connection and Our Work



What are the components of being a workplace that prioritizes staff wellbeing?

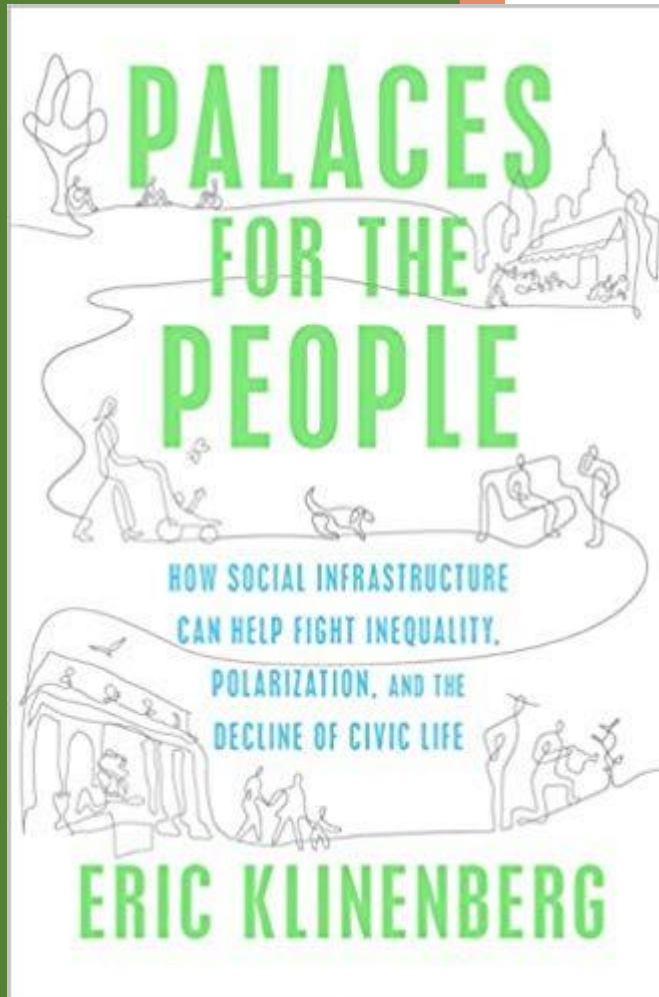




How can we design our workplaces to support connection and wellbeing?

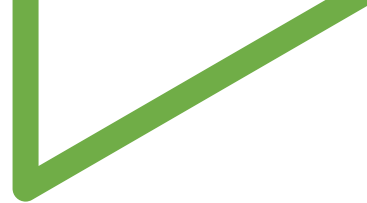
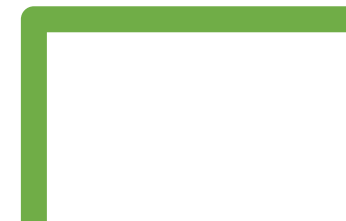
Libraries and Community Care

The Social Infrastructure Factor



“When people engage in sustained, recurrent interaction, particularly while doing things they enjoy, relationships inevitably grow.”

Libraries already
contribute to
community care.





UNDERSTANDING THE SOCIAL WELLBEING IMPACTS OF THE NATION'S LIBRARIES AND MUSEUMS

2021 Report

KEY FINDINGS

Public libraries and museums are deeply embedded in their communities in ways that enrich the wellbeing of local residents. Through their core services, programming, and partnerships with other organizations, they catalyze broader networks of support that meet a diverse range of needs for individuals, organizations, and their broader communities.



<https://www.imls.gov/publications/understanding-social-wellbeing-impacts-nations-libraries-and-museums>

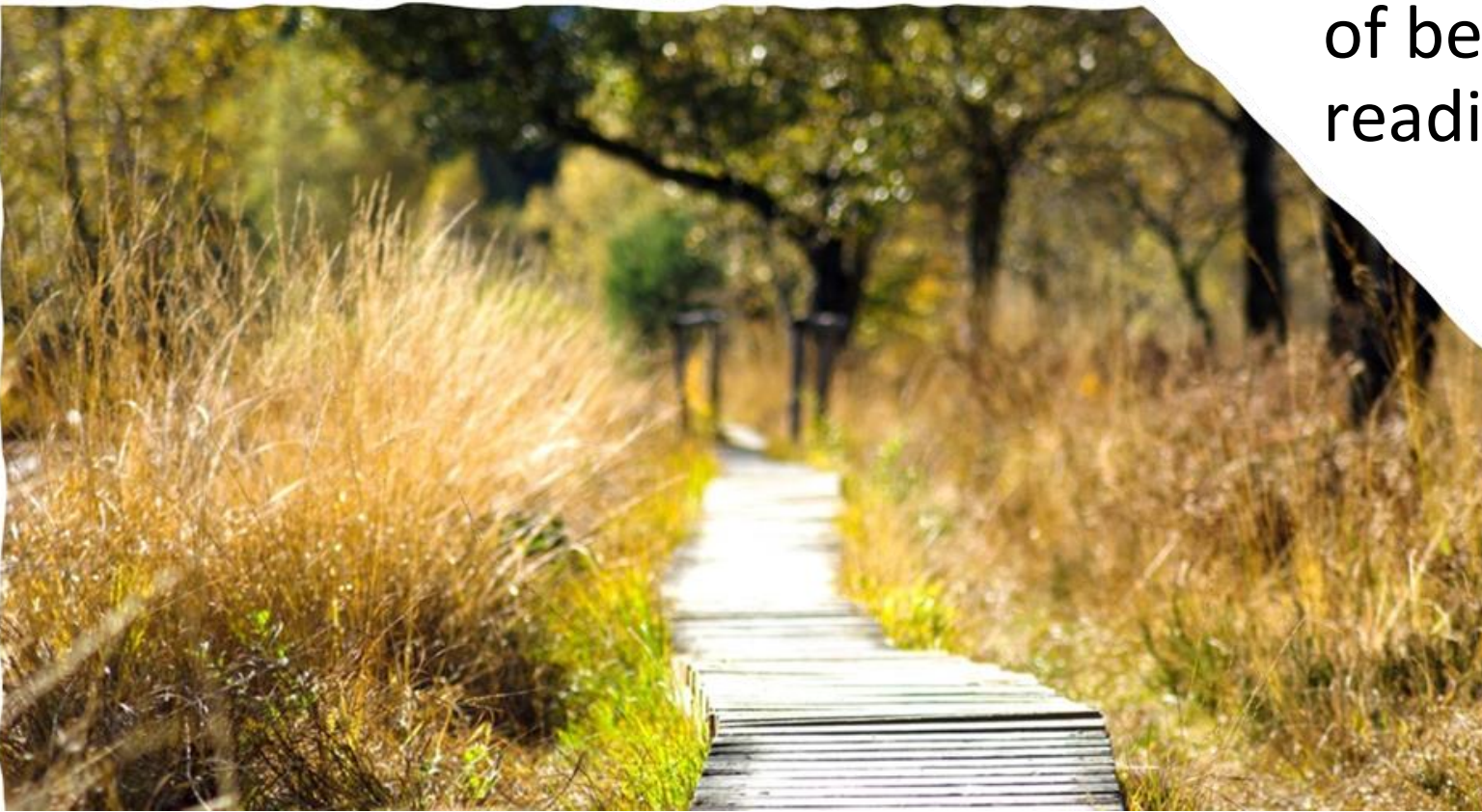
Community Care in Practice

Examples from libraries



#1: StoryWalk® in the woods

A StoryWalk® through the woods combines the self-care comfort of being among trees with reading, family, and community.



Wooden track by smellypumpy on [Pixabay](#)

#2: Compassionate making

It starts with the satisfaction of being creative;
adds the fun of making things with other people

plus the extra layer of doing something truly beneficial



Shower caps
for
hospitalized
kids

Surgical caps for hospitalized kids; courtesy of [Gina Seymour](#)

#3: Yoga



Yoga for staff

Yoga for the community

Imagine the Possibilities

A mental stretch for innovative thinking

time to

BRAINSTORM

Go for **quantity**.

Encourage **wild** ideas.

Build on the ideas of others.

Defer judgement.

Be **visual**.

Dissect the idea.





BRAINSTORM #1: Cooking

BRAINSTORM #1: “Food is my love language.”



**The Power of
Social Connection**

Self-care

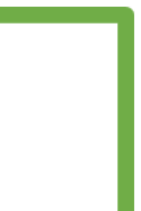
**Workplace
Well-being**

**Community
Care**

BRAINSTORM #1: “Food is my love language.”

What are the feelings/emotions?

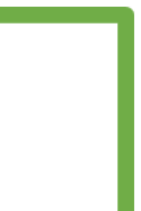
How might your community experience this together?



BRAINSTORM #2: “I like to dye my hair different colors.”

What are the feelings/emotions?

How might your community experience this together?





The Power of Social Connection

Self-care

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Reflection

How will you retain your own wellbeing while contributing to community care?

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Resources

- ★ [Connectedness & Health: The Science of Social Connection](#); Dr. Emma Seppala; Stanford Medicine; May 8, 2014
- ★ [Social Connection Makes a Better Brain](#); E. E. Smith; The Atlantic; Oct 29, 2013
- ★ Bowling Alone: America's Declining Social Capital; Putnam, Robert, 2000
- ★ [Socially Connected Communities: Solutions for Social Isolation](#)
- ★ [We are Not Okay](#); Infopeople webinar
- ★ [6 Ways to Weave Self-Care into Your Workday](#)
- ★ Palaces for the People: how social infrastructure can help fight inequality, polarization, and the decline of civic life; Klinenberg, Eric, 2018. [Book Review](#); The Guardian
- ★ [Understanding the Social Wellbeing Impacts of the Nation's Libraries and Museums](#)
- ★ [Taking Care of Self, Staff, and Community](#); Hough, Brenda and Gutsche, Betha
- ★ [Public Libraries Aren't Essential Services](#); Bookriot.com