Presented by

Brenda Hough
Librarian, writer, and trainer,
EluciDare Learning

Betha Gutsche
WebJunction Program Manager, OCLC
Taking Care of Self, Staff, and Community

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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
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
Socially Connected Communities

“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/

Image source: Pixabay
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
“When people engage in sustained, recurrent interaction, particularly while doing things they enjoy, relationships inevitably grow.”
Libraries already contribute to community care.
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.
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.
#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.

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.

Image by Gerd Altmann from [Pixabay](https://pixabay.com)
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
- Workplace Well-being
- Community Care
Reflection

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

Brenda Hough bckhough@gmail.com
Betha Gutsche gutscheb@oclc.org
★ **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**


★ **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