

Welcoming Wellness to Your Library

Promoting wellness in the library is a natural extension of our roles as librarians and the role of the library in the community. Librarians have an opportunity to be role models and to exhibit the importance of making time for daily healthy habits. In this presentation, we will discuss the ways in which we have included wellness programming at an academic law library, our successes and failures, and the impact this programming has had on our law school community.

1 pb & j bar

This D.I.Y. sandwich bar was more successful than we could have hoped - we ended up expanding it.

Time Commitment: 2 hours initial event, 4 hours staff

Advertising: Printed signs for free + Social media

Cost: Around \$100 (institutional Publix card)

Engagement Level: ★★★★★★

Pandemic Version? Not explored yet.



2 pass the ice cream bar

One of the biggest stresses for our primary patrons (law students) is taking the Georgia Bar Exam.

Time Commitment: 2-3 hours event, 4 hours staff

Advertising: Table event and signs (summer event)

Cost: Between \$50 and \$75 depending on selection

Engagement Level: ★★★★★★

Pandemic Version? Not explored yet.



3 checkout other items

We have worked to expand our other item checkouts to include recreational equipment, games, umbrellas, etc.

Time Commitment: 0 for staff after adding new items

Advertising: Publicize items in display or social media

Cost: \$0 - \$20 depending on items (some donated)

Engagement Level: ★★★★★★

Pandemic Version? The same, just sanitize items



4 mindfulness & yoga

Organize some stress-relieving activities like guided meditation, tea parties, 5 minute mindfulness sessions, YouTube yoga mats as a group during lunch breaks.

Time Commitment: varies - 5 minutes to 1 hour

Advertising: Email Listserv, Blog Posts, Posters

Cost: FREE / possible purchase of a few yoga mats

Engagement Level: ★★★★★★

Pandemic Version? Yes!

5 self-guided stress busters

Some of the items we now check out, and some items that provide mindfulness (like puzzles) can also be placed out for tabling events like during exams. Board and word games also work!

Time Commitment: 30 minutes set up/break down time for staff

Advertising: Seeing the items out works & social media posts

Cost: \$0 (most of our puzzles and games are donated)

Engagement Level: ★★★★★★

Pandemic Version? Some can be done virtually.



6 escape reality

A virtual reality gaming room can be really fun and temporarily take you elsewhere, away from stressors.

Time Commitment: 1 hr set-up/take-down, 3 hr event

Advertising: Emails, posters, social media, videos

Cost: \$0 if someone donates gear and you have room

Engagement Level: ★★ Not for everyone!

Pandemic Version? No



7 pet therapy

This event, held in our Law Library Foyer several days during the exam period, is something the entire law school community looks forward to.

Time Commitment: event is 1 hr long; minimal prep time for advertising and scheduling

Advertising: signage, emails, social media

Cost: free

Engagement Level: ★★★★★★

Pandemic Version? Yes! We have held several Pet Therapy Zooms, in which students, faculty, and staff are invited to introduce their pets on Zoom.



8 sound baths

A natural extension of some mindfulness and yoga practices, sound baths invite people to sit or lay down and enjoy music specifically made to relax mind/body.

Time Commitment: varies, 10 minutes - 1 hour

Advertising: social media & record for asynchronous

Cost: \$0 (find free audio/video or make your own)

Engagement Level: ★★★★★

Pandemic Version? Yes!

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