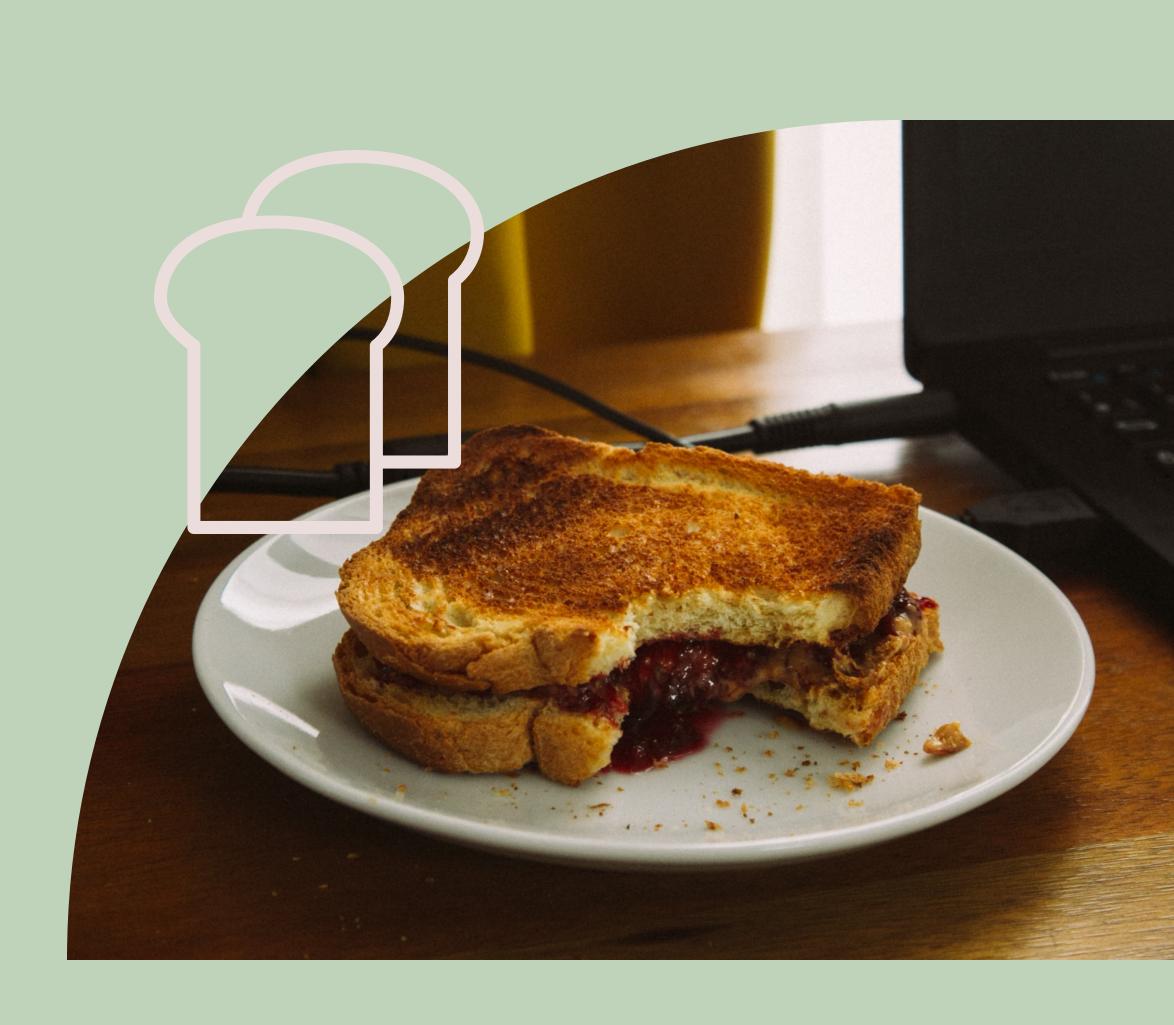
## Welcoming Wellness to Your Library

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.

## 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.





# pass the ice cream bar

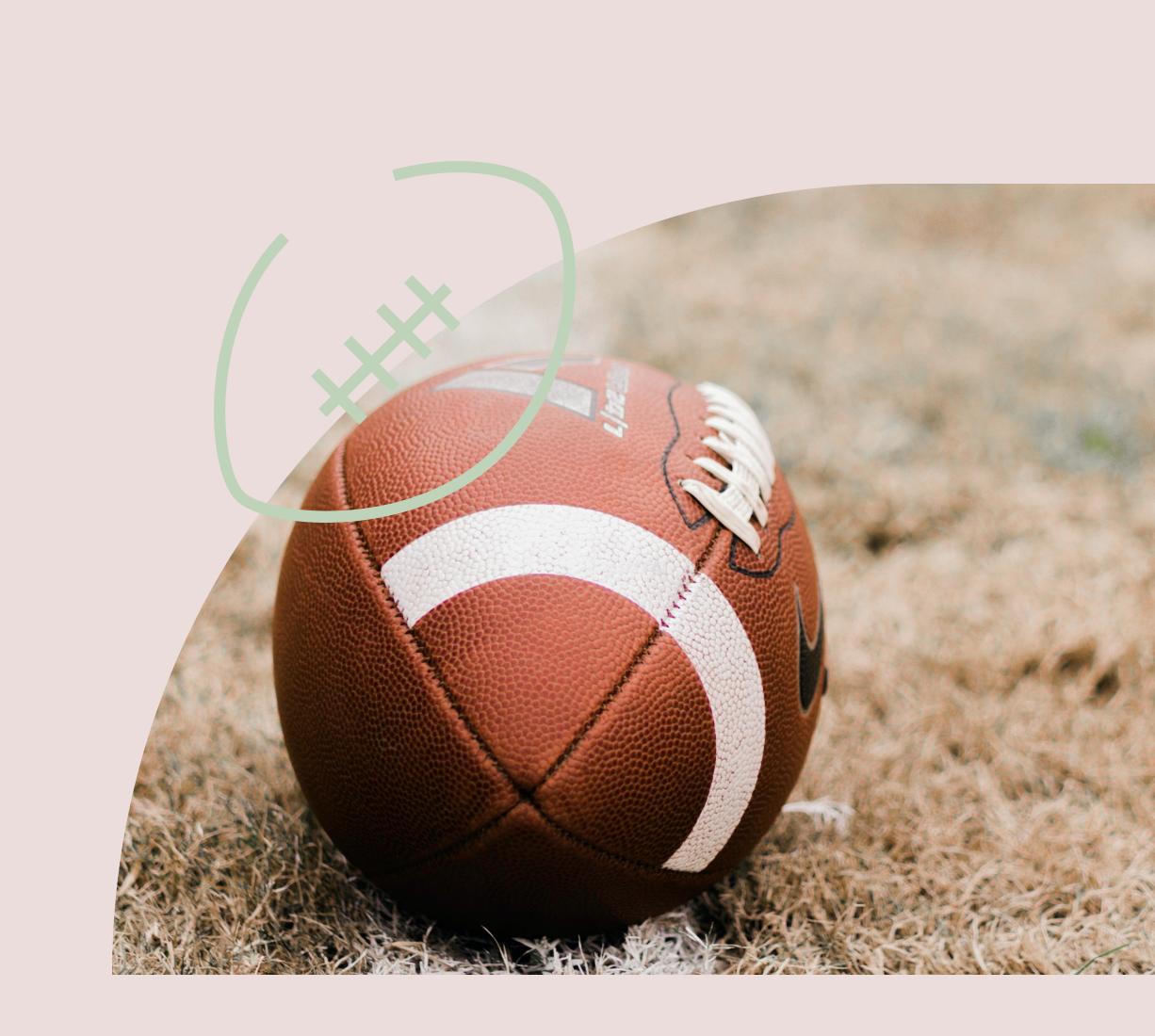
One of the biggest stresses for our primary patrons (law students) is taking the Georgia Bar Exam.

**Time Commitment:** 2-3 hours event, 4 hours staff **Advertising:** Table event and signs (summer event) **Cost:** Between \$50 and \$75 depending on selection Pandemic Version? Not explored yet.

### 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





#### 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.

**Advertising:** Email Listserv, Blog Posts, Posters Cost: FREE / possible purchase of a few yoga mats Engagement Level: Pandemic Version? Yes!

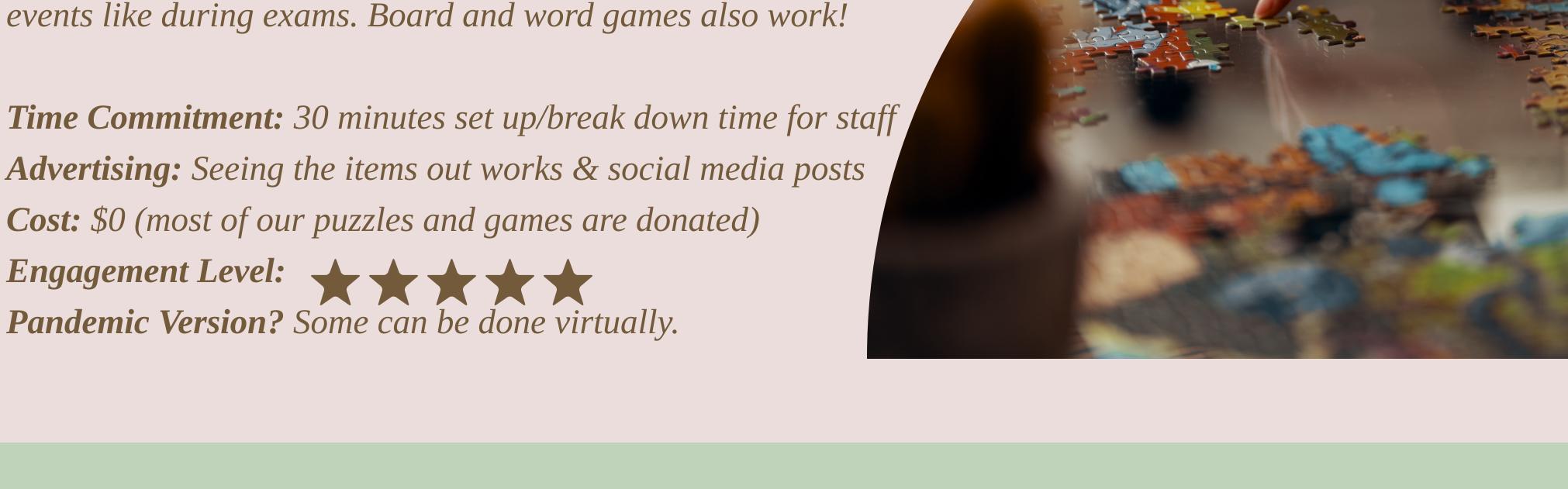
**Time Commitment:** varies - 5 minutes to 1 hour



**Time Commitment:** 30 minutes set up/break down time for staff **Advertising:** Seeing the items out works & social media posts

mindfulness (like puzzles) can also be placed out for tabling

Pandemic Version? Some can be done virtually.





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

escape reality

**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

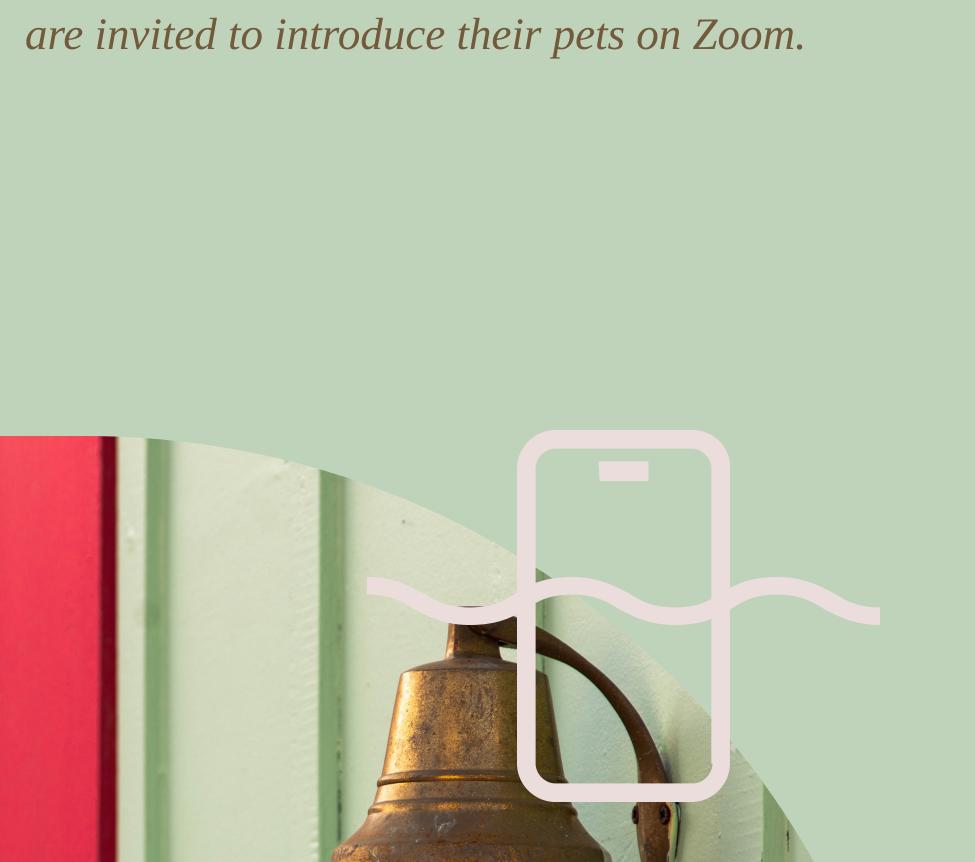
#### This event, held in our Law Library Foyer several days during the exam period, is something the entire law school community looks forward to. **Time Commitment: e**vent is 1 hr long; minimal prep

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.





### 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.

**Advertising:** social media & record for asynchronous **Cost:** \$0 (find free audio/video or make your own) Engagement Level: **Pandemic Version?** Yes!

Time Commitment: varies, 10 minutes - 1 hour

Rachel Evans, Metadata Services & Special Collections Librarian Dave Eveland, Access Services Associate Geraldine Kalim, Student Services Librarian Marie Mize, Access Services Manager David Rutland, Collection Services Manager Szilvia Somodi, Access Services Associate