Mindfulness in the Library

Minitex Reference Outreach & Instruction Guest Webinar
January 30, 2014

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MINNEAPOLIS COMMUNITY & TECHNICAL COLLEGE
Applying Mindfulness Techniques in Libraries

Introduction to Mindfulness

Our Journey
jenny

Individualization
Activator
Communication
Connectedness
Woo

john

Ideation
Analytical
Relator
Learner
Maximizer
Survey
goo.gl/TRxy0e

Results
goo.gl/nPKi5F
Mindfulness is a state of active, open attention to the present moment, observing thoughts and feelings without judgement and letting them pass through you with greater ease.
Do you have a problem in your life?  
Yes.  
Can you do something about it?  
No.  
Then don't worry.
No.  
Yes.
Mindfulness Meditation
Positive Effects of Mindfulness Meditation on the Body

- Improves coping strategies
- Can treat addictive behaviour
- Reduces anxiety and neuroticism
- Reduces baseline heart rate
- Reduces the risk of cardiovascular disease
- Improves voluntary control of heart rate
- Reduces levels of stress
- Lowers blood pressure
- Improves stress-related disorders
- Boosts immune system

Taken from 'The Blissful Brain' by Dr Shanida Nataraja
StrengthsFinder

woo | intellection | ideation | analytical adaptability | focus | competition | strategic responsibility | significance | individualization input | empathy | includer | positivity deliberative | belief | arranger | activator relator | harmony | restorative | developer connectedness | communication | self-assurance consistency | command | achiever | maximizer context | learner | discipline | futuristic
Discover YOUR Strengths
RELATIONSHIP BUILDING

adaptability +
connectedness +
developer +
empathy +
harmony +
includer
individualization +
positivity +
relator +

INFLUENCING

activator ++
command
communication +
competition
maximizer +
sel...
Everyone is a genius.

But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid.

~ Albert Einstein

image source: http://materialisten.wordpress.com/2011/10/30/everyone-is-a-genius/
Perspectives
goo.gl/juybnG

Results
goo.gl/30vlUI
FRONTLINE STAFF

- empathy
- compassion
- loving kindness
Focus

image Oberon7up @ DeviantArt
Image by: Itchitaka @ Deviant Art
Unbelievable. You, *subject name here,* must be the pride of *subject hometown here.*

### Part 1: Type of Help

<table>
<thead>
<tr>
<th>Library</th>
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<tbody>
<tr>
<td>- Reference: Simple Look Up</td>
</tr>
<tr>
<td>- Reference: Complex Question</td>
</tr>
<tr>
<td>- Circulation: Simple Question</td>
</tr>
<tr>
<td>- Circulation: Referred to Circ Tech.</td>
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<tr>
<td>- Policy</td>
</tr>
<tr>
<td>- Library Other</td>
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</tbody>
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<table>
<thead>
<tr>
<th>IT</th>
</tr>
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<tbody>
<tr>
<td>- MCTC Account</td>
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<tr>
<td>- Email</td>
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<tr>
<td>- D2L</td>
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<tr>
<td>- IT Other</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Printing / Copying</th>
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<tbody>
<tr>
<td>- Basic Printing / Copying Help</td>
</tr>
<tr>
<td>- ID / ID Scanner</td>
</tr>
<tr>
<td>- Printer / Copier Hardware</td>
</tr>
<tr>
<td>- Special Printing / Copying Request</td>
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<tr>
<td>- Source Document</td>
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</tbody>
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<table>
<thead>
<tr>
<th>MCTC Other</th>
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</thead>
<tbody>
<tr>
<td>- Directional / Hours / Contact Info</td>
</tr>
<tr>
<td>- Referred to Learning Center (Writing)</td>
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<tr>
<td>- Referred to Learning Center (Other)</td>
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<tr>
<td>- MCTC Other</td>
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<table>
<thead>
<tr>
<th>Non Academic</th>
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<tbody>
<tr>
<td>- Non Academic</td>
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### Part 2: Length of Help

<table>
<thead>
<tr>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>- &lt; 1 minute</td>
</tr>
<tr>
<td>- 1 - 5 minutes</td>
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<tr>
<td>- 6 - 10 minutes</td>
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<tr>
<td>- &gt; 10 minutes</td>
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</tbody>
</table>

### Examples

Common situations and/or questions
Ref Desk Results: Group Charts

Time: 2013

Percentage for each question group

- Library
- IT
- MCTC Other
- Non Academic
- Printing
Next Steps
&
Questions


