

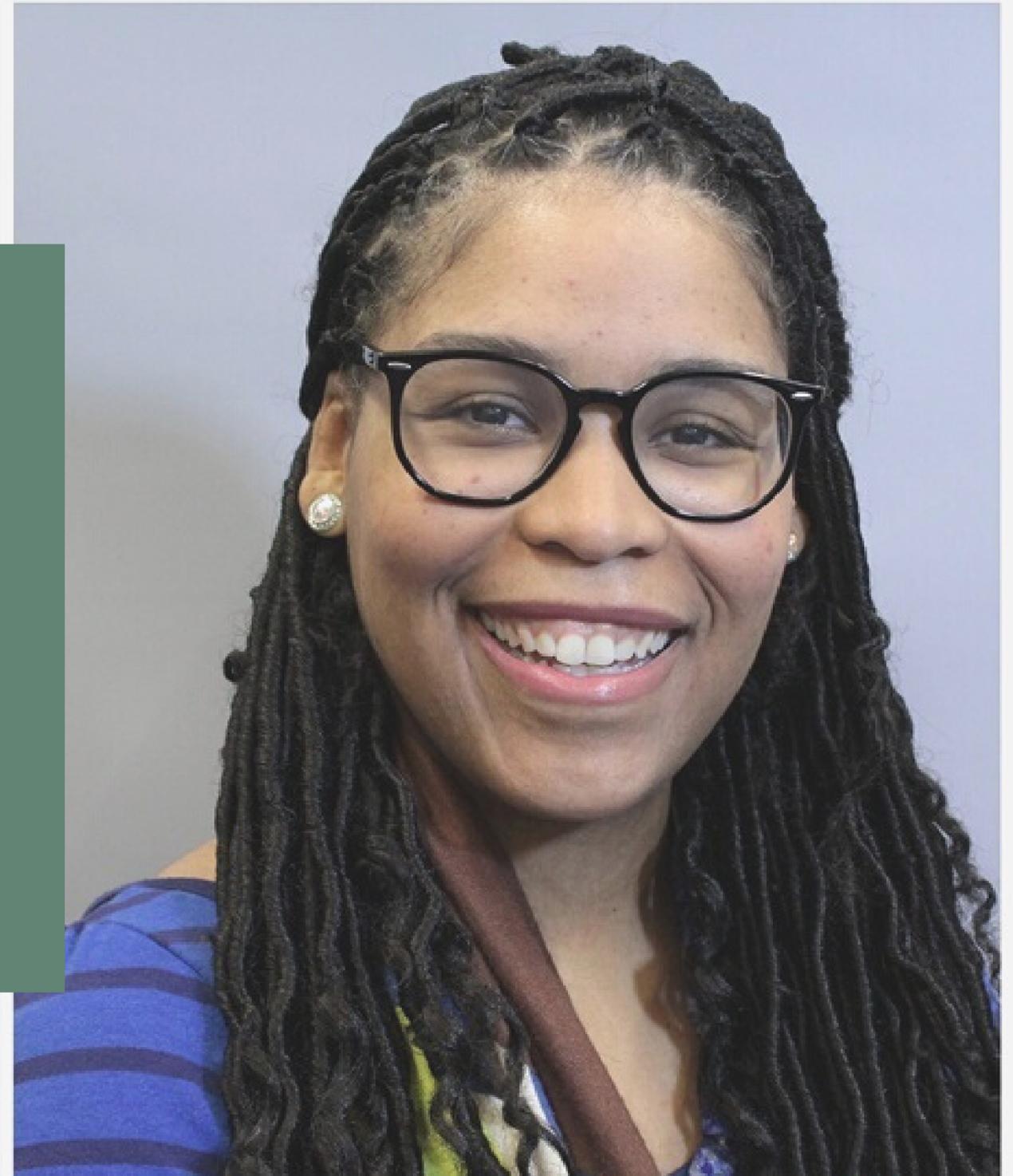
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# Self-Care Session

Amanda M. Leftwich, M.S.L.S.,

# Welcome

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of LibVoices  
Library Juice Academy Instructor





# Breathing Exercise

5 minutes

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”— Thích Nhất Hạnh

# What is Self-care?

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Activities deliberately taken to care for our mental, emotional, and physical health.

# Why Practice Self-Care?

89%

Reported race-based trauma "covert acts of racism" as a contributing factor (Hemmings & Evans, 2018).

LOW MORALE

Feelings of low morale due to work related abuses including harassment, bullying, humiliation, toxicity, negligence (Davis-Kendrick, 2017)

EMOTIONAL TAX

58% of Asian, Black and Latinx employees who are on guard report they are also more likely to have sleep problems (Catalyst Report, 2018)

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# Self Care Levels



Onward Spending =  
spend money to feel  
better.



Meditation, reflection,  
& other mindful  
practices



Community care,  
boundaries,  
prioritizing health,  
and resources



## ACTIVITY 1

Unplug  
Set boundaries  
Practice non-judgement  
Gentle thoughts and  
movements

## ACTIVITY 2

Begin a reflective practice  
Focus on your needs  
moment to moment  
Make small achievable goals

## ACTIVITY 3

Find community  
Ask for help if you need it  
(therapy, family, friends,  
trusted colleagues)

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# Self-Care Ideas

# Practice

Name one self-care activity that you can cultivate over the next week.



# What is rest practice?

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Deprogramming grind culture and worthiness of rest. Re-imagining of what is means to slow down.

# Why Practice Rest?

## VOCATIONAL AWE

Vocational awe describes the set of ideas, values, and assumptions librarians have about themselves and the profession that result in notions that libraries as institutions are inherently good, sacred notions, and therefore beyond critique (Ettarh, 2018)

## GRIND CULTURE

Raw achievement where longer and longer hours are not just the norm, they are the metric for success (Jackson, 2019).

## RESISTANCE FRAMEWORK

Embodied practice that must be integrated into your life consistently in real time (The Nap Ministry, 2020)

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# Rest Levels



Ending toxic  
narratives (i.e. shame  
and guilt)



Allowing yourself time  
to grieve



Allowing softness and  
gentle stillness



## ACTIVITY 1

Reflect on barriers to rest.  
Rest

## ACTIVITY 2

Stop talking about rest and rest.  
Stop participating in grind culture ideals.

## ACTIVITY 3

Ask trusted family and friends to remind you to rest.  
Create community spaces for rest.  
Rest.

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# Rest Ideas

# Practice

Get comfortable and let's rest together for 5 minutes.



# What is reflective practice?

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Reflective practice helps one see the connections and patterns of behavior through an awareness lens (non-judgement is key).

# Why Practice Reflect?

## AWARENESS

Mindfulness is the awareness of what is going on in us and around us in the present moment. It requires stopping, looking deeply, and recognizing both the uniqueness of the moment and its connection to everything that has gone on before and will go on in the future (Hanh, 2014)

## NON- JUDGEMENT

Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment (Hanh, 1988)

## GROWTH

Requires honesty, a letting down of defenses, and a willingness to remain open to whatever the practices brings to light (Reale, 2017).

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# Reflective Level



Start writing!



## ACTIVITY 1

Purchase a reflective journal for work.

## ACTIVITY 2

Reflect on your work habits. What patterns do you notice?

## ACTIVITY 3

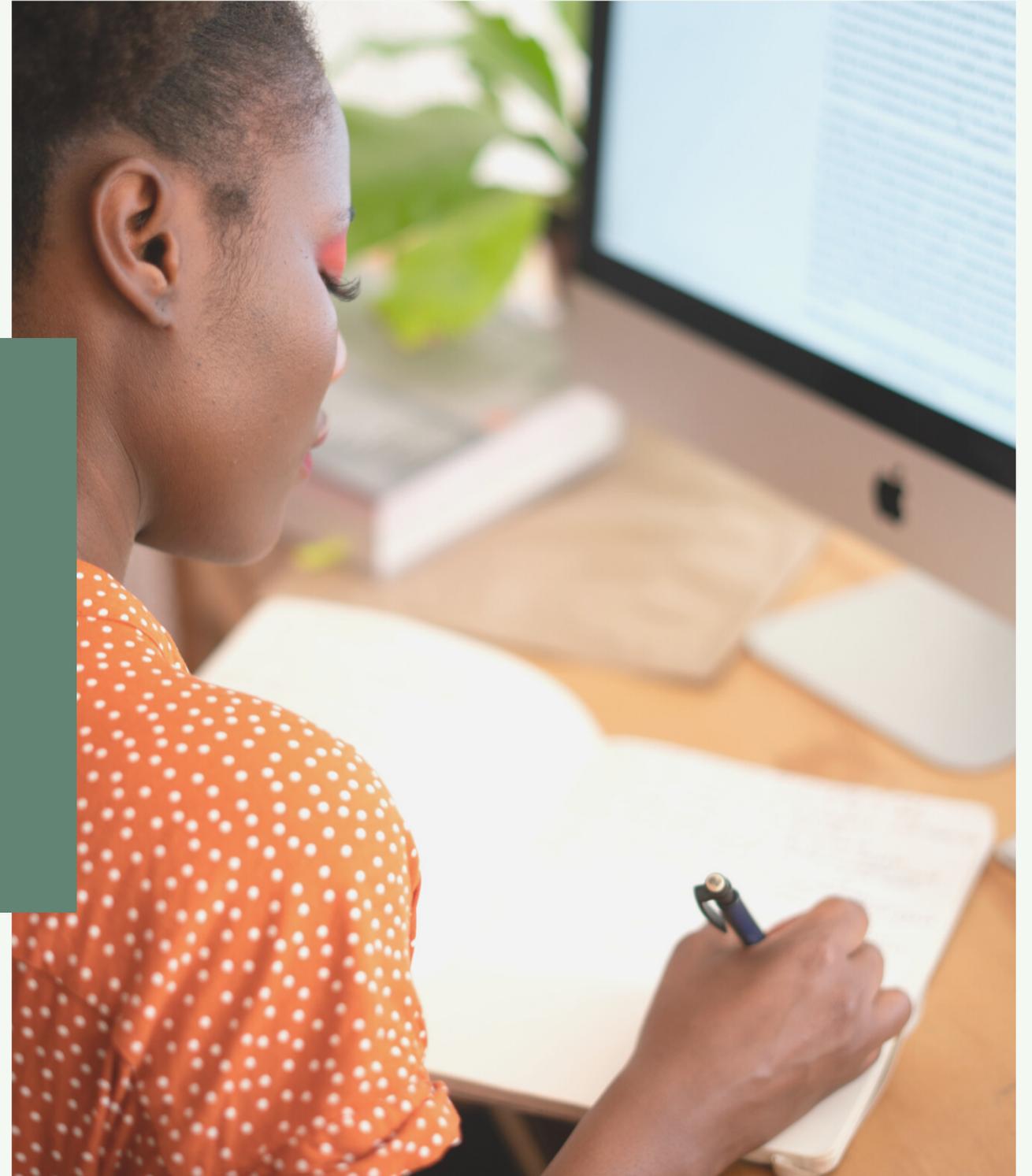
Describe in detail what occurs in your day. Reflect on barriers you place on yourself OR if individuals place barriers on you.

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# Reflective Ideas

# Practice

Reflect on one you'd like to  
takeaway from this Symposium.



"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare," - Audre Lorde



*Image: Audre Lorde Papers  
Spellman Archives, 2005.*

# Thank You! Questions?

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