Bridges to
the Mindful Library

Bridget Reistad
Alison Stucke
Richie Townsend

June 6, 2014

Amity Creek Trail off Seven Bridges Road circa September 2008. Matthew R. Perrine/Budgeteer News
Modern Definition

“Mindfulness is a state of active, open attention on the present.”
Mindlessness

- Auto pilot
- Judging
- Rumination (i.e. The Past)
- Worry (i.e. The Future)
Mindfulness

- Awareness
- Acceptance
- Attention
- Appreciation
Ancient roots

Buddhist: Dukkha - “Life is suffering”

East Philosophy meets Western Psychology

Western catalyst 1970s-90s
- MBSR (Mindfulness Based Stress Reduction) Jon Kabat-Zinn
- ACT (Acceptance & Commitment Therapy)
What mindfulness means to me...

Mind Full, or Mindful?
“Mindfulness” mainstream American buzzword

Why? We know it works! Research behind its many health benefits

Why libraries?
- Place for patrons seeking wisdom
- Tranquil, peaceful space
- Daily interactions with ever-changing technologies and (perhaps) frustrated patrons
Mindfulness Exercise with Richie Townsend
Where do librarians begin to build mindfulness?

- Collection
- Spaces
- Events
- Practice:
  - Patrons, Staff, Personal life
Collection Development

Build a Resource Page -- start where you are!

- Books
- DVDs
- Audio
- Journals
- So many websites; many .orgs to get started
Collections


Choosing Peace

Creating a Mindful Library

A sampling of essential books—both new and classic—specifically for those interested in living mindfully.

Parenting from the Inside Out

Written by psychiatrist Daniel J. Siegel and early childhood educator Mary Hartzell, this book draws on neuroscience research and attachment research to help parents use mindfulness to understand themselves and parent their children.

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

This book argues that the way that people sometimes try to deal with depression, by thinking their way out of it, can instead cause harm by causing the sufferer to focus on their painful emotions and self-blame. The authors suggest adopting mindfulness to help a person dealing with depression.

mindful.org
digital collections -- la.public library
Mindful Librarianship

Mindfulness means:

"...paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." — Kabat-Zinn (4)


Observations and quotes that clarify the utility of mindfulness in the practice of librarianship:

- Mindfulness is about listening and awareness, which are both key to providing effective reference services/assistance to library users.
- When we are focused on the present, unencumbered by assumptions, judgments, thoughts of past or future, we can better honor and fulfill the needs of our patrons (students and faculty in the academic setting).
- Louise Toetz observes, in her article “Zen and the Art of Dealing with the Difficult Patron” (224) that “helping patrons mindfully means that not only are we open to any patron that comes to us, we are focused completely on him or her. Our mind is fully concentrated on the patron and nothing except the patron, as if the patron has become our whole world for the time being.”

How does the use of LibGuides advance our practice of mindful librarianship?
Creating Serenity Spaces

Recharging stations for your body, mind and spirit
Meditative spaces

Minneapolis Community and Technical College Library

Contemplative Garden Space,
Normandale Community College Japanese Garden
eSpaces

Rhode Island School of Design web site’s “Mindfulness Corner”
Events

- Guest speakers
- Classes
- Share other ideas?

Mindfulness Workshop with Donald Fleck

March 29, 2014
Epiphany Library

A Day of Mindfulness: Experiencing Life in the Now

We will emphasize mindfulness (a focus on now) with some interest in meditation (a focus on breath). Mindfulness meditation opens a door to greater appreciation of life in the moment. It can be helpful for really tasting your dessert, for accepting yourself as you are, or for living with sadness and worry, or for getting to sleep.

Beginners and experienced meditators are welcome.

10:00  Please try to arrive around 10:15, yet... late is ok
10:30  Guided sit
10:45  Welcome, plan for the day
11:00  Mindful stretching
11:15  Guided meditation. A simple meditation of noticing breath and thoughts
11:30  Mindful walking, an easy way to include meditation in your day
11:45  Guided meditation. Breath and Feelings
12:00  Discussion of mindful eating; preparation for lunch and outdoor mindfulness
12:30  Lunch in silence, Intending to be mindful
1:30   Re-convene, sitting meditation
2:00   Stretching, walking
2:15   Guided sit: Learning compassion through meditation
2:30   A meditation on your thoughts and feelings today

Day of Mindfulness New York Public Library
Mindful Study Breaks

UMD’s Stress-Less Week in the Library
Beginning a personal practice

- Guided meditation
- Reference books
- Free podcasts & apps
- Classes to develop skills
Mindfulness Exercise
with Richie Townsend
Additional resources


Questions?

Contact:
Bridget Reistad
Lake Superior College
b.reistad@lsc.edu
218-733-5913

Alison Stucke
WITC
Alison.Stucke@witc.edu
715-394-6677 x 6610

Richie Townsend
rtownsend@css.edu
218-733-1352