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Introduction

Take Care: Supporting Each Other and Fostering Empathy During Challenging Times

How are you? This can feel like a complicated question to answer these days. As libraries and library staff navigate new guidelines from Governor DeWine and the Centers for Disease Control and prevention (CDC) there is a mix of apprehension, fear, hope, and excitement. It is now more important than ever to take care of ourselves and our friends/colleagues/staff during a reintroduction of more library services, open buildings, and programming. This can be an opportunity to create new procedures or support systems in the library for staff, so they feel valued and have the tools they need to serve their communities. It may also be a time to start thinking about reinventing and refreshing spaces and planning for the future. The State Library of Ohio provides space planning and [strategic planning](#) services for Ohio libraries.

Resources

Here's a roundup of helpful resources:

Network of the National Library of Medicine [Kernel of Knowledge series – Self Care During Stressful Times](#).

This webinar focuses less on bubble baths and coloring books and more on identifying stressors, settings boundaries, and how to avoid burnout.

[Mental Health First Aid and Trauma-Informed Approaches for Libraries](#) – a Webjunction recorded webinar.

The mental health impacts of the pandemic are taking a toll on our communities, often compounding the physical and emotional effects of trauma experienced by many, including library patrons and staff. With increased understanding of mental health and trauma-informed care, library staff can be better prepared to provide unbiased service to those struggling to find help, information, and support.



[Rocks Roll Downhill: The Role of the Supervisor in Creating and Maintaining a Healthy and Humane Workplace.](#)

A recording from the Blossom conference, Amy Tureen's presentation outlines the role of the supervisor in cultivating a workplace culture that centers health and wellness. *you must provide an email to view this recording.

Public Libraries Online 3-part series – [The Impact of COVID-19 on Library Staff: Supporting Health and Well-Being](#).

The series shares the results of two surveys on the impact of COVID-19 on libraries and suggestions for how library leaders can make improvements to better support staff now and in the future.

Part 2- [The Future of Remote Work is Flexibility](#) focuses on how remote work in libraries has changed over the past year, and what it might look like in the future.

Part 3- [Library Staff In and Beyond the Workplace](#) focuses on how and why library policies can better serve people who are caregivers and why it matters.

[Check out issues #1-#6](#) of the Continuing Education Roundup. Thanks for reading!

Email me at ekelsey@library.ohio.gov if you have ideas, articles, or topics for future issues.

Stay Safe and Stay Well,
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