

Resources- Well-being for Library Workers – LGF

Articles

- Mitchell, Carmen, Lauren Magnuson, and Holly Hampton. "Please Scream Inside Your Heart: How a Global Pandemic Affected Burnout in an Academic Library." *Journal of Radical Librarianship* 9 (2023): 159-179.

Book

- Tawaab, Nedra. *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself*. Piatkus, 2021.

Blog

- Health and Wellness - San Jose State University School of Information Blog <https://ischool.sjsu.edu/health-and-wellness>
- Wellness On-The-Go (apps, Instagram, videos) <https://ischool.sjsu.edu/post/wellness-go>

Exercises

- Box Breathing <https://health.clevelandclinic.org/box-breathing-benefits/#:~:text=How%20to%20do%20box%20breathing%201%20Breathe%20out,four.%206%20Repeat%20for%20three%20to%20four%20rounds>
- Checking in with yourself: 20 questions for your personal wellness, <https://blog.alomoves.com/mindfulness/check-in-with-yourself-20-questions-for-your-emotional-wellness>

Organizations

- 2021 National Survey on Drug Use and Health (NSDUH) by the Substance Abuse and Mental Health Services Administration (SAMHSA)
- ALA-APA Wellness <https://ala-apa.org/wellness/>
- CDC Wellbeing <https://www.cdc.gov/hrqol/wellbeing.htm#three>
- The World Health Organization, Promoting Well-being <https://www.who.int/activities/promoting-well-being>
- United Nations 2021/2022 Human Development Report <https://hdr.undp.org/content/human-development-report-2021-22>

Templates

- Self-Care Wheel, Olga Phoenix (2013) <https://olgaphoenix.com/self-care-wheel/>
- The John W. Brick Mental Health Foundation, Well-being Ecosystem (2023) <https://www.johnwbrickfoundation.org/build/>