
Secure Your Own Mask First:

Perspectives on Wellness,
Communication, and Adjustments
During Trying Times

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Slides: <https://go.uncg.edu/mla22bl>

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**“We are not all in the same boat.
We are in the same storm.”**

Damian Barr

(Scottish writer and broadcaster, creator and host of *Literary Salon*)

Preparation, Pandemic & Adjustments

Novel Coronavirus, SARS-CoV-2

Preparations

Reactions

Reduced operations

March 15, 2020 through August, 2, 2020

2020 Timeline

| | |
|----------------------------|--|
| March 15, 17, 23 | Gradual reduction of public hours |
| March 25, 2:00pm | Library physically closed to users until further notice (UNCG: all classes converted to remote learning) |
| March 26 | Open to library employees to get needed items for WFH |
| March 30 to July 12 | Mandatory/essential employees only - all others remote |
| July 13 (110 days) | Reopened to UNCG affiliates - limited hours and days |
| August 2 (130 days) | Reopened to the public - limited hours and days |
| August 17 | Began Fall 2020 Semester - expanded hours and days |

Technology Changes

Website

Library system (circulation policies, due dates)

Library materials delivery (shipping, lockers, etc.)

Technology distribution (laptops, webcams, etc.)

Secondary offices (socially distancing)

WebEx and Zoom

Service Changes

Access Services: building access, lockers, item delivery, etc.

Plexiglass, UV disinfection, wipes, sanitizer

Library instruction moved completely online

- WebEx to Zoom

Research services moved (almost) completely online

- Libraryh3lp and email: library sources, library access, and campus services

**What changes did
your library make?**

(group discussion)



Coworker Support

WFH: Trello projects list, [Digital Library on American Slavery](#)

[ULVLC](#) (University Libraries Virtual Learning Community)

Anti-Racist Reading Group

Online Social Activities

Mentoring Circles (5-6 people co-mentoring each other)

Mutual Aid Network

About Wellness

Taking steps to
engage, nourish

Doesn't fix ongoing
systemic problems



Dimensions of Wellness image from <https://ala-apa.org/wellness>

Wellness Initiatives

[HealthyUNCG](#) Employee Wellness Program

[Healthy Relationships Initiative](#) (HRI)

- Free [workshops](#), [toolkits](#), [e-learning](#)

University Libraries Wellbeing and Development Initiative/Team

- Programs and [employee guide](#)

Resources That We've Liked

Programs

[Healthy Work Relationships](#)

[Koru Meditation](#)

[Employee Assistance Program](#)

Activities

Exercise

Gardening

Ukulele

Pets

Media

Podcasts

Audiobooks

Calm App (\$\$)

Music

**How did you maintain
your balance?**

(group discussion)

Moving Forward

HealthyUNCG continues online and is adding f2f back

- Thriving vs Surviving: f2f workshop for Library Staff Development Week

Liaison research, outreach, and instruction services: online and f2f

Circulation Pick-n-Pull and Delivery services

Library physical spaces and open hours

Let's Reflect

**Can we balance services
and employee wellness?**

Thanks!

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