Balance Through Mindfulness

The Art of Now in the Library Classroom
libguides.hollins.edu/tilc2016
breathing
I was stressed before class, and it took me a while to connect to what was going on. The to-do list for this day/week/semester always runs through my mind, and it's just really stressful. I bet I'd be better at this if I could just slow down and focus.
“The awareness that arises by paying attention on purpose, in the present, non-judgmentally.”

-Jon Kabat-Zinn

“Mindfulness begins with the simple act of paying attention with care and respect.”

- Daniel P. Barbezat, Mirabai Bush
Goals for our session

Recognize the benefits of mindfulness practices

Apply mindfulness exercises to the conference experience

Examine the potential applications to librarianship
Goals of mindfulness

Attending to the present moment

Increasing self-awareness
Contemplative practices

Stillness
Movement
Generative
Relational
Activist
Creative
Ritual/Cyclical

The Tree of
Contemplative Practices
Reduce stress with mindfulness (2015). Pendergrass Agriculture and Veterinary Medicine Library, University of Tennessee, Knoxville.
Applications for education include improving cognitive skills, resilience, and interpersonal skills.

Increased attention to, and retention of, information.

Openness to new perspectives.

Increased empathy for self and for others.
beholding
Science and research

Mindlessness: “a state in which you are controlled by emotion and impulse.” - Steven Bell

Executive function: directing focus and attention to enhance working memory.

Emotional regulation: reducing subjective distress and negative bias.
Mindfulness in libraries

Space

Programming

Practice
Mindfulness and learning theory

Metacognition and reflection

Critical thinking

Critical pedagogy
Authority is constructed and contextual

Learners who are developing their information literate abilities do the following: develop and maintain an open mind when encountering varied and sometimes conflicting perspectives.

Information has value

Learners who are developing their information literate abilities do the following: [they] are inclined to examine their own information privilege.
self-awareness ....maintain an open mind....recognize that ambiguity can benefit the research process....demonstrate intellectual humility....suspend judgment....exhibit mental flexibility and creativity.
Yoga Break for staff at York Library Region, NBPLS

Noted Improvements after 15-min Yoga Break

More connected
More focused
More grounded
More energy
More mindful
“What lies at the heart of all contemplative modes of inquiry is a direct intimate encounter with the subject matter shorn of opinion and expectation. Contemplative methods cultivate states of mind that are receptive, relaxed, ready, and even playful; the level of engagement in academic tasks is therefore deep and effectively charged with motivation, and even awe.”

What potential applications can you envision for mindfulness in your classroom, and in librarianship?
Thank you.

Bibliography, handouts and more:

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