

Reimagine Professional Wellness with Oregon's Statewide Library Resources

The statewide resources provided by the State Library of Oregon offer a wealth of content to help your library users and students, but did you know that they can help you too? Explore your professional wellness and grow your skills, find tips, and reflect on how to best manage your work life using some of these free tools.

See the full list of Continuing Education Resources for Library Staff at <https://libguides.osl.state.or.us/conted/free>

Get tips to help you make the most of your technology



<https://www.tech-talk.com/login/oregon>
Login/Password: ORLIBTECH



State Library of Oregon

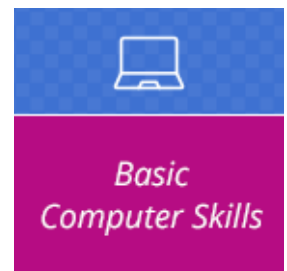
Oregon Library Staff Academy

<https://my.nicheacademy.com/oregonstaff>

Videos and training resources on topics from library operations to personal wellness



Improve your computer skills, redo your resume, or explore career options



<https://librariesoforegon.org>



Oregon Libraries



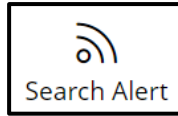
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Explore Library Trends and Issues

Pursuing professional development includes staying up-to-date with current topics in librarianship. Use *Gale OneFile: Information Science* to stay abreast of what's happening from sources like *Library Journal*, *Booklist*, *American Libraries*, and more.



Let the resources work for you! Create Journal and Search Alerts to Stay Up-To-Date



Perform a search with your **interested search terms**, as well as any **limiters**, (**Advanced Search** is handy for this) and look for the **Search Alert** icon in the tool bar. You can receive alerts via e-mail or RSS feed.



Perform a search for a journal of interest from **Publication Search**. From the publication details page, look for the **Journal Alert** icon in the toolbar. You can receive alerts via e-mail or RSS feed.

Support for Wellness in the Workplace



Use *Gale Health and Wellness* provides you with practical tips and strategies to manage stress in the workplace. For example, users can learn about relaxation techniques, time management strategies, and effective communication skills that can help reduce stress levels in the workplace.

Guide Readers to a Good Book



Online resources aren't just for research – *Gale Books and Authors* can assist you in helping readers answer "What do I read next?".

Support for Diversity, Equity, and Inclusion



Find current articles on Equity, Diversity and Inclusion topics such as creating inclusive workplaces, building diverse teams, and promoting equity and justice.



Questions? Feedback? Reach out to Arlene Weible, State Library or Oregon, at arlene.weible@slo.oregon.gov or your Gale Customer Success Manager at gale.customersuccess@cengage.com