

Digital handout:

“Fostering Supportive Workplaces in Overwhelming Times”

April 25, 2024

Oregon Library Association Conference, Salem, OR

Links for You if You Need Them

The more you can keep your brain “online”, the better you can help others experiencing a stress response. These links can help.

[Everything Is Awful and I'm not Okay](#): micro-care tips for those who are stressed

[Trauma Stewardship Institute's Tiny Survival Guide](#)

[Beyond the Cliff](#): TED Talk by the founder of the Trauma Stewardship Institute on the need to recognize and mitigate stress in ourselves

[“The World is Overwhelming”](#): booklist by Bryce related to these issues

Links for Community Care

These Facebook groups are great for support, and provide an option for anonymous questions:

[Library Employee Support Network \(LESN\)](#)

[Spoonie Librarians](#): for disabled/chronically ill library staff

[Renewers](#): supportive group run by Kaetrena Davis Kendrick

Other useful links:

[The Dime Game](#): can be useful when ascertaining when and how to make or turn down a request

[You Feel Like Sh**](#): Micro-care game

Related Posts from My Blog:

[Building Relationships from the Ground Up: An Interview with a Natural](#)

[The Made it Through Awards](#)

[Investing Energy in Trying Times: What's Working for Me](#)

[Investing Energy: The News Edition](#)

[Investing Energy: Staying on Top of Things](#)

[The Power of Validation](#) (I know now what I meant was connectedness/belonging)