

# LAKELAND NEWSLETTER



**WELCOME!**

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Library News \* Staff News \* Resources \* Events \* Grants

## **May is Mental Health Awareness Month!**

That means this month's newsletter will include some self-care tips and resources alongside our usual content and some words about summer reading. We here at Lakeland want you to know that you are appreciated and encourage you all to take care of yourselves - you're the only you we've got!



LAKELAND LIBRARY  
**COOPERATIVE**  
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# MENTAL HEALTH QUICK TIPS



## GET OUTSIDE

According to [Mind.org](https://www.mind.org): "Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can improve your mood, reduce feelings of stress or anger and improve your physical health."

## TRY GROUNDING

Grounding helps keep you in the present moment. According to [Healthline](https://www.healthline.com):  
Grounding techniques are exercises that may help you refocus on the present moment to distract yourself from anxious feelings. You can use grounding techniques to help create space from distressing feelings in nearly any situation, but they're especially helpful for improving anxiety, well-being, stress, depression, mood, post-traumatic stress disorder (PTSD), and dissociation.

### The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.



Acknowledge **2** things that you can smell around you.



Acknowledge **1** thing that you can taste around you.

# MENTAL HEALTH QUICK TIPS

## 3 Breathing Exercises for Stress Management

Deep breathing is beneficial to stay calm during a stressful situation.



### Pursed Lips Breathing

- Inhale through the nose for 2 seconds.
- Pucker your lips, then exhale for 4-6 seconds.
- Repeat several times until you feel a slowed rate of breathing.

### Square Breathing

- Sit upright with your back straight.
- Inhale for 4 seconds, then hold your breath for 4 seconds.
- Exhale for 4 seconds, then hold your breath for 4 seconds.
- Repeat.



### 4-7-8 Breathing

- Sit upright.
- Put your tongue on the roof of your mouth near your teeth.
- Close your mouth, then inhale through the nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale completely through pursed lips for 8 seconds.
- Repeat.



Read more at [www.projectxfactor.com](http://www.projectxfactor.com).

## BREATHING EXERCISES

Being aware of your breathing has a great effect on your mental state both in the short and long term. Taking the time to pause and breathe deeply can help calm your body and mind. Try to breathe alone with the three examples to the left, or try googling "breathing exercise gif" for some visual examples that are easy to follow along with!

## MDHHS RESOURCES AVAILABLE @ LL

Lakeland has ordered posters, stickers, and magnets from the Michigan Department of Health and Human Services' Stay Well program. These materials have tips on creating calm for yourself, relaxing, de-stressing, and breathing exercises. Contact Amber for more info!

START HERE

Breathe in 1, 2, 3, 4

Create Your Calm



STAY WELL  
Michigan.gov/StayWell

Pause 1, 2, 3, 4

Pause 1, 2, 3, 4

Breathe out 1, 2, 3, 4

# MENTAL HEALTH RESOURCES

## **Crisis Text Line**

<https://www.crisistextline.org/>

## **Michigan Department of Health and Human Services**

<https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth>

## **National Alliance on Mental Illness**

<https://namimi.org/>

## **Substance Abuse and Mental Health Services America**

<https://www.samhsa.gov/mental-health>

## **Mental Health America**

<https://mhanational.org/>

## **Mind.org**

<https://www.mind.org.uk/need-urgent-help/using-this-tool/>



# SUMMER READING



## ARE YOU READY FOR SUMMER?

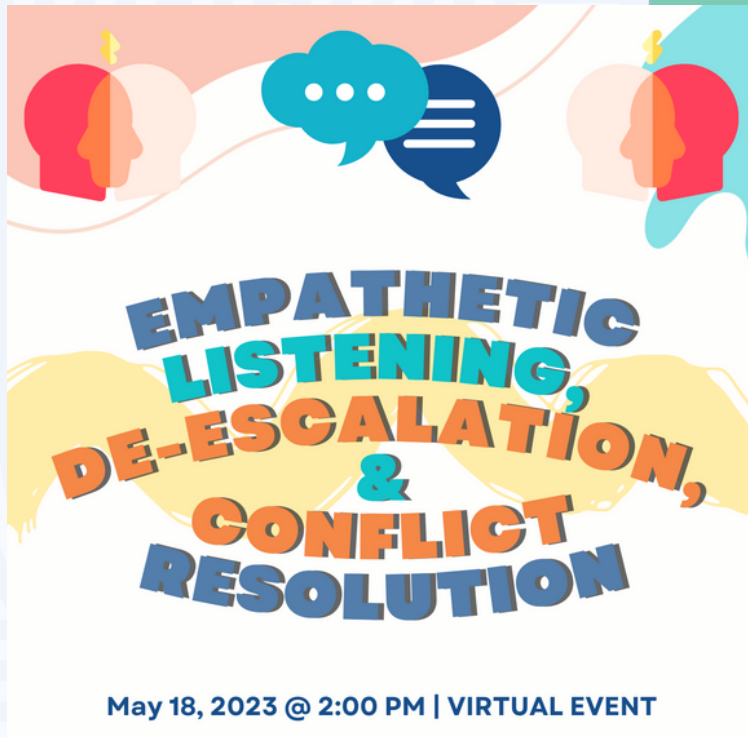
Are you ready for summer reading?  
Need ideas for programs or performers  
this year?

Try bouncing ideas around the other  
youth services librarians by emailing  
the list-serv!

Need inspiration? Look at this great  
array of prizes at the Grant Area District  
Library!



# UPCOMING EVENTS



## EMPATHETIC LISTENING, DE-ESCALATION, & CONFLICT RESOLUTION

Join Amber McLain, a librarian and trained crisis counselor, as she discusses how to listen to your body when in stressful situations, use empathy when in disputes or tense encounters, and de-escalate to help resolve conflicts both in and outside of the workplace.

Register Here:

<https://events.getlocalhop.com/empathetic-listening-deescalation-and-conflict-resolution/event/UVKePjUyxB/>

## PREPARING FOR PROGRAM CHALLENGES AT YOUR PUBLIC LIBRARY

Are you unsure how to handle a program challenge in your library? Do you worry about having the right policies and procedures in place? Two public library directors will share their personal experiences with intellectual freedom challenges of programs. Learn best practices and strategies for supporting staff, board, and community members through program challenges

Resources will be provided.

Register: [https://ala-events.zoom.us/webinar/register/WN\\_aJ6UyZ2uS6ytoJ6g6aRBZg#/registration](https://ala-events.zoom.us/webinar/register/WN_aJ6UyZ2uS6ytoJ6g6aRBZg#/registration)

**ALA** American Library Association