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!
MENTAL HEALTH QUICK TIPS

GET OUTSIDE

According to 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: 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.
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.

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!

MDHHS RESOURCES AVAILABLE @ LL

START HERE Breathe in 1, 2, 3, 4

Create Your Calm

Pause 1, 2, 3, 4

Breathe out 1, 2, 3, 4

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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/
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.

Register: https://ala-events.zoom.us/webinar/register/WN_aJ6UyZ2uS6ytoJ6g6aRBZg#/registration