Towards a Mindfulness Practice in Library Work

AN INFOPEOPLE WEBINAR

SEPTEMBER 22, 2020

MIMOSA SHAH and BECK TENCH
1. What is mindfulness?
2. Why practice it?
3. How to be mindful?
4. Hands-on practices
5. Questions
Mimosa’s Story

How did #_blankslate start?
Before there was #_blankslate, there was Blind Spot.
What is a `_blankslate`?
What did I notice?
What made it hard to look away?
Pause.

What do you do to notice what’s happening around you?
What connections existed between what I noticed and what I felt?
What is mindfulness?
Now
Now

Stimulus  Response
STIMULUS  ----  RESPONSE
Now

Stimulus

Response

Intention
Why practice mindfulness?
Technology uses our psychology to capture our attention, which generates data fed into computational algorithms that package into predictive products that are sold to buyers who want certainty over our behavior.
"SKINNER BOX"
PERSUASIVE TECHNOLOGY

FOOD

LEVER
Attention is paid in possible futures foregone...
How we spend our days is how we spend our lives...

ANNE DILLARD
How do mindfulness practices shift over time?
Why practice mindfulness in libraries?
How to be mindful?
ENVIRONMENTAL
Manipulating surroundings/conditions to create a supportive space.

Icon by Gregory Sulkowski from The Noun Project.

Inside/Out
When you feel spacey and need to reconnect with your place on this planet, bring nature inside and take your work outside.

BAM!
Disrupt your environment to facilitate change.

Roots to Rise
Explore your potential growth process while in the thick of a challenge.
Tap In :: A Live Group Meditation App

Sit daily at 3pm ET

We'll keep you in the loop.

Email

Download on the App Store today

Ten minute guided group meditation. Monday through Friday, at 3pm ET

Our goal is to help you live a more joyous life. To accomplish this, we’ll use a daily meditation to teach you how to ‘check in’ with yourself. We’ll explore how to be aware of and present with your current state. We’ll explore what it means to continuously come back to center. Sound overwhelming? Abstract? Don’t worry. We’ll help you.

Everyone is welcome: those new to meditation and those experienced. Our teachers come from a variety...
Where do mindfulness practices reside now?
The Repast
Hands-on Practices
Sit Spot

Source — This activity comes from The Space Deck
Supplies — You will need nothing.
Time — This activity takes between 10 – 20 minutes.

In Sit Spot, you find a space that allows you to focus and clear your thoughts. Then, you pay attention with your senses. Here’s how to do it:

First — Find a Space
You want to go to a place, preferably outside, where you can hear both natural and man-made sounds.

Then — Do Nothing
Remain still, close your eyes, and sit comfortably for a couple to a few minutes.

Then — Listen
Reflect on the contrast of the natural and human-made sounds.

Last — Consider
How many sounds did you hear? How many were loud? Soft? Clear? Appealing? Annoying?

Drawing to See

Source — This activity comes from Frederick Franck’s The Zen of Seeing.
Supplies — You will need paper and a pen.
Time — This activity can take a moment or can last all day, but 15 minutes will do.

To practice Drawing to See, Franck asks you to sit and stare at an object intimately before beginning to draw it. Then, he asks you to draw it without looking away. That means you must draw without seeing what you’re drawing. The idea, in the long run, is that you transcend the self by truly seeing what you are drawing. Here’s how to do it:

First — Get Away
Leave your environment and go somewhere new, preferably somewhere where you will gaze upon living things (plants and/or animals, including humans, are equally great).

Next — Sit and Select
Sit down, let your eyes “find” somewhere in the space, take a few deep breaths and sit quietly with what you’ve selected for a moment or five. You aren’t examining the object, rather you’re quieting the mind and being with it. You can even close your eyes.

Then — Draw
Without looking at the page, take your pen and begin to draw the object you see. If your pen moves off the page, simply pick it back up and put it anywhere else on the page. If you finish drawing, draw it again. Draw just a part, or draw it really small or really big. Spend as long as you like drawing what you see.

Un-curating your life

Source — This activity comes from The Space Deck
Supplies — You will need nothing.
Time — This activity takes between 15 – 30 minutes.

In Un-curating Your Life, you challenge the existing structures and limitations that generate a need presentation of yourself to the outside world. Here’s how to do it:

First — Think and Document
Spend time thinking and recording the ways and tools you use to “un-curate your life.”

Then — Question
Ask yourself the following questions:
• What parts of your life do you share publicly?
• What factors influence this portrait?
• What are the benefits/disadvantages of self-curating?
• What parts of yourself do you keep in the archives?
• What do you want to change?

Last — Consider
How can you create space for yourself and others to be candid and genuine?
Questions