

Collaborated with Library Dean, Patron
Services Manager, and Student Engagement
team to develop grant proposal.

Project funded by Counseling and Psychological Services using Higher Education Emergency Relief Funds (HEERF) to support student mental health in February 2022.



Solicited collection ideas from public service librarians and researched comparable collections at other institutions. Focused on items:

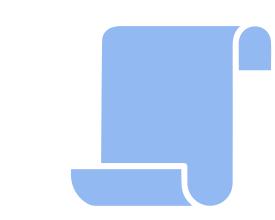
- Promoting wellness, focus, and relaxation.
- That may be unaffordable for students.
- Not requiring regular cleaning and/or maintenance.



Purchased items through Amazon and Gobi.

Cataloging and metadata team added items to LMS (Alma-Primo) with funding note, created virtual browse collection, barcoded and labeled carrying cases.

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Proposed a no fee collection where

books loan out for 3 weeks and

devices loan out for 1 week.





Designed logo and branding for use on library website, campus newsletters, and social media posts.

Developed LibGuide as central resource for the collection.

Track checkout stats and survey responses to assess patron satisfaction and gather suggestions for collection development.

# SUPPORTING COMMUNITY CARE THROUGH A SELF-CARE COLLECTION AT AN ACADEMIC LIBRARY

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UNIVERSITY OF NORTH CAROLINA CHARLOTTE J. MURREY ATKINS LIBRARY

SELF-CARE
COLLECTION GUIDE

<u>guides.library.charlotte.edu/selfcare</u> <u>bit.ly/SelfCareRefs</u>

# Self-Care as a Radical Concept

More than just a trending hashtag, self-care has radical roots dating back to the Black Panther Party in the 1960s (Houseworth, 2021). The ethos of self-care in this context was that in order to meaningfully and sustainably contribute to and care for your community, you must also take care of yourself (Harris, 2016).

This was (and continues to be) particularly important for BIPOC and other marginalized people who face disenfranchisement and oppression at a systemic level. It's important to note that the self-care movement, both at its roots and in its modern context, has been largely led by Black women.

Audre Lorde best explained self-care in her 1988 essay collection A Burst of Light: "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

Guided by this revolutionary understanding of self-care, we make an intentional effort to ensure that the books in this collection reflect holistic self-care. Ranging-from introductory self-help books and how-to guides to radical texts that interrogate systemic oppression, explore intergenerational trauma, and critique the wellness industry, we aim for the collection to encourage users to think critically about self-care.

# Considerations for Self-Care in Your Library

### **Collection Type**

Consider the types of materials you can support. Storage, maintenance, and checkout of devices differs from books.

### Involve Everyone Early

When building a collection, consider everyone who needs to be involved from purchasing materials (collections maintenance staff, finance team) to checking out materials (desk staff) to collections development (subject librarians, assessment) and include those people or departments from the beginning.

### **Find Partners**

Other campus departments can provide expertise, facilitate programs, or offer

### Collections Aren't the Only Option

Consider programming or events and invite student groups to create and host their own kind of gatherings in the library, creating space for historically marginalized groups.

### Take a Holistic Approach

When you have opportunities to add new materials, create or update spaces, and develop programming, consider how self-care and student wellbeing can fit in.

## Collections Highlights



My Little Morphée

"I've learned some more about my

disability from this book. It was

interesting to know the ways this

ssue can impact others and what

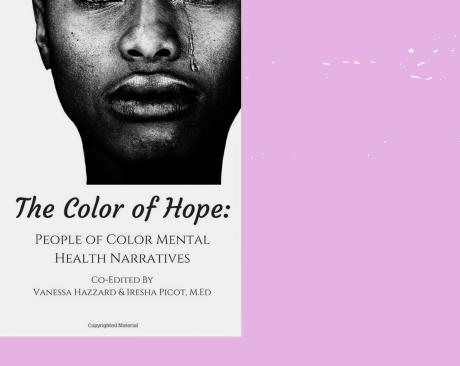
they do to alleviate these concerns."



Dohm Classic White

Noise Machine

Variety of some particularly



Books
Variety of self-care subjects,
particularly ones written by
BIPOC authors for BIPOC audiences

"I'm still suffering from some long-Covid

side effects and sometimes it's hard to

concentrate....The sound machine was

elpful in drowning out some noise/

- User Survey Feedback

distractions so that I could focus better."



Blisslights Sky Light Laser Star Projector



Buddha Board -

- User Survey Feedback

"I enjoy reading self help books and I loved how these books were geared towards POC."

- User Survey Feedback

"My friends and I really enjoyed the lamp.
We all work late in the architecture
building and it was nice to use it to relax."

- User Survey Feedback