

MiALA

Michigan
Academic Library
Association

Student Health and Wellness and the Library

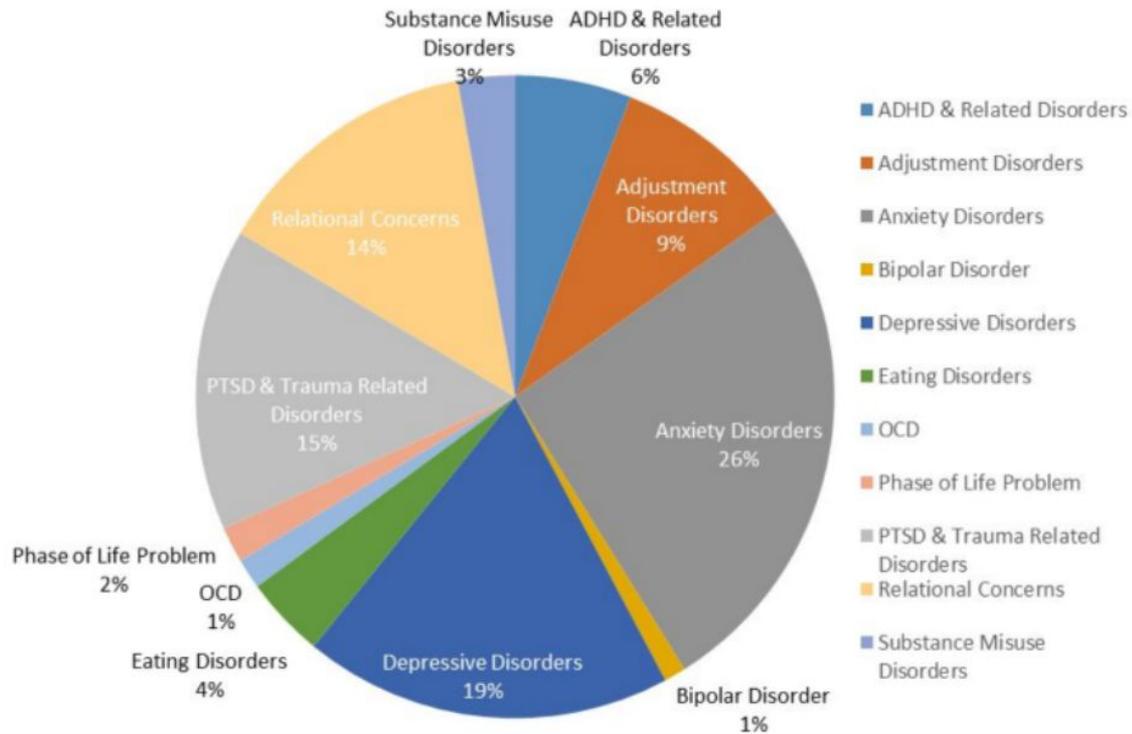
Laura Birkenhauer, MLIS
Student Success Librarian for Campus Engagement
Miami University Libraries



*“Michigan Academic Libraries Association invites you to consider the evolving ways that library professionals are Engaging The Landscape of their current environments. **What has changed? [...] Where should our focus be? What are the ways that we are actively engaging to create the Academic Library of the future?”***

COVID negatively impacted...

- ◆ **Mental Health - 72%**
- ◆ Academics - 67%
- ◆ Motivation & Focus - 66%
- ◆ Loneliness and Isolation - 63%
- ◆ Missed Experiences or Opportunities - 64%
- ◆ Grief or Loss of Someone - 15%



What is the role of the library in supporting college student health and wellness?



← THE MENTAL HEALTH CONTINUUM →

SELF CARE & SOCIAL SUPPORT

PROFESSIONAL CARE

	HEALTHY	REACTING	INJURED	ILL
	Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder. Severe & Persistent Functional Impairment
MOOD	Normal mood fluctuations Calmness and the ability to take things in stride	Being irritable or impatient Being nervous Being sad or overwhelmed	Anger Anxiety Pervasive sadness or hopelessness	Angry outbursts or aggression Excessive anxiety or panic attacks Depression or suicidal thoughts
ATTITUDE	A good sense of humor Good performance Being in control	Expressing displaced sarcasm Procrastination Forgetfulness	A negative attitude Poor performance or workaholic behavior Poor concentration or decisions	Excessive insubordination An inability to perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Having trouble sleeping Having intrusive thoughts Having nightmares	Restless or disturbed sleep Recurrent images or nightmares	An inability to fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Being physically well Having a good energy level	Having muscle tension or headaches Having low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
ACTIVITY	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
HABITS	Limited or no alcohol use or gambling.	Regular but controlled alcohol use or gambling.	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

Focus on task at hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle	Recognize limits Identify and minimize stressors Engage in healthy coping strategies Get adequate food, rest, and exercise	Identify and understand own signs of distress Seek social support and talk with someone instead of withdrawing Seek help	Seek consultation as needed Follow health care provider recommendations Regain physical and mental health
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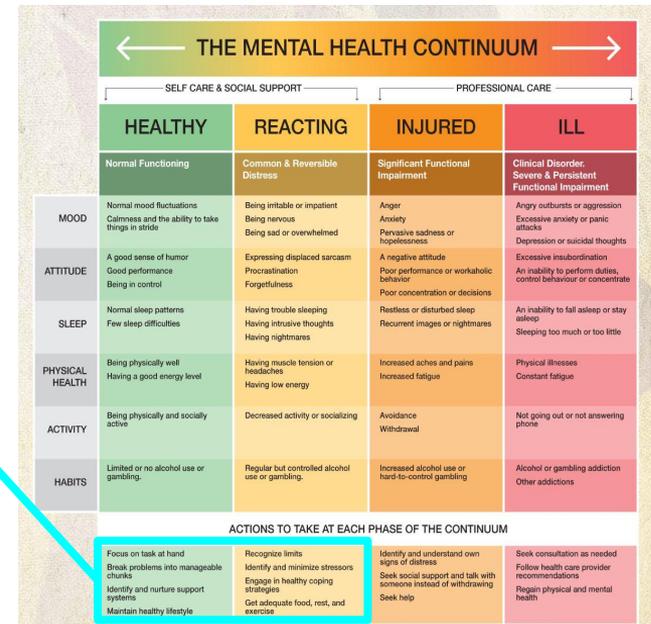
Focus on task at hand
Break problems into manageable chunks
Identify and nurture support systems
Maintain healthy lifestyle

Recognize limits
Identify and minimize stressors
Engage in healthy coping strategies
Get adequate food, rest, and exercise

Identify and understand own signs of distress
Seek social support and talk with someone instead of withdrawing
Seek help

Seek consultation as needed
Follow health care provider recommendations
Regain physical and mental health

- Can we share resources, such as workshops or how-to guides for some of these suggested actions?
- What tools could we provide students for focus or stress-relief?
- How can we assist students looking to identify support systems on campus or implement healthy coping strategies?
- How can we encourage students to take breaks and get the nourishment and movement they need?



How can we “Engage the Landscape” in our current environment?

Change The Focus

How can you shift the focus of current services or initiatives to promote their support of student **health and wellness** and, ultimately, **student success**?

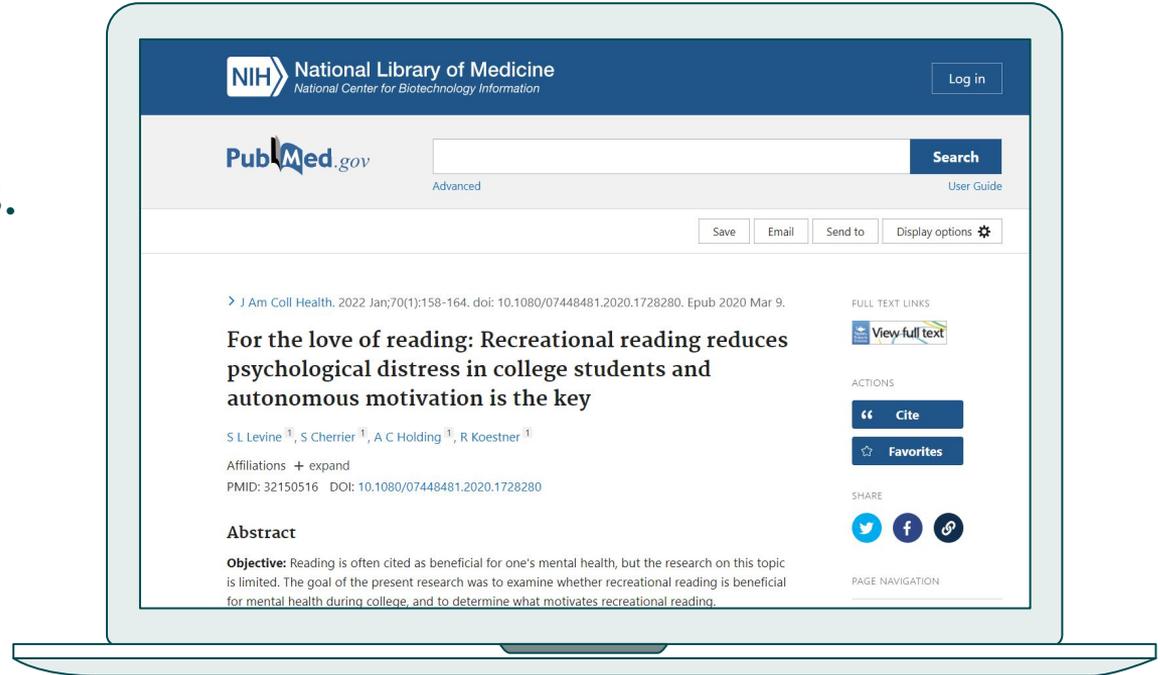
Create Something New

How can you work within your current system to create new services or initiatives to support student **health and wellness** and, ultimately, **student success**?

LEISURE READING

2022 Study

Longitudinal study of 231 Canadian university students. Recreational reading associated with reduced psychological distress over the school year.







Miami University Libraries 

@MiamiOHLib



Tomorrow is a [#MiamiOH](#) Wellness Day. What will you be reading for fun?

Find the latest thrillers and more in the library's Leisure Reading collection. Browse the collection in King Library or search lib.miamioh.edu [#WellRead](#)

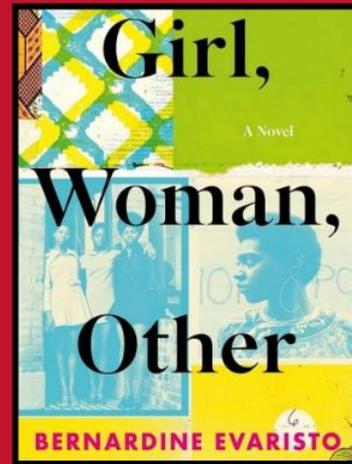
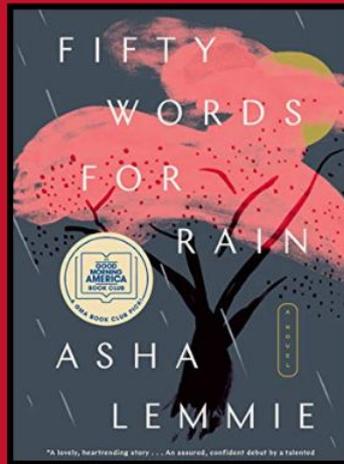
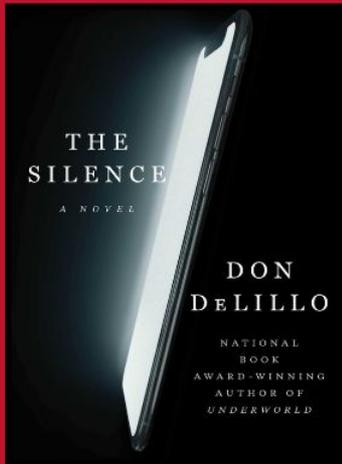
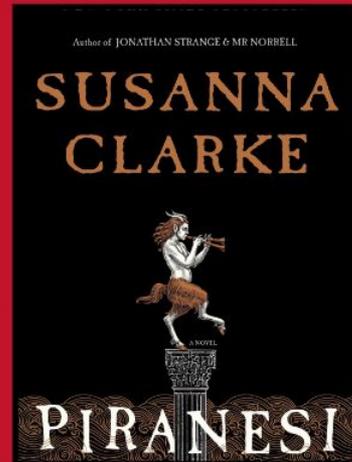
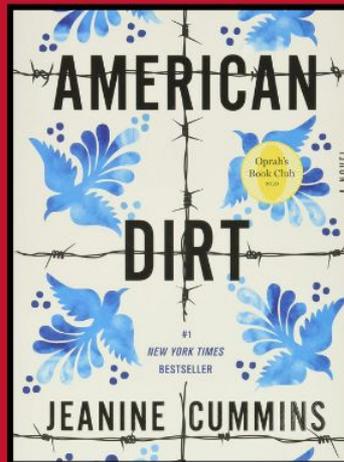
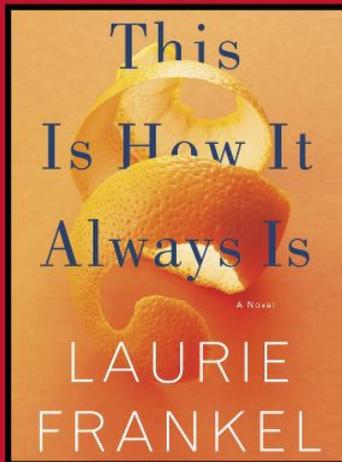
Read & Relax



Featured Genre: Literary Fiction

Be #WellRead with
WELLNESS

Days





Miami University Libraries 
@MiamiOHLib



Recharge with a good read.

Find popular fantasy novels and more in the library's Leisure Reading collection. Browse the collection in King Library or search Lib.MiamiOH.edu
[#WellRead](#) [#MiamiOH](#)

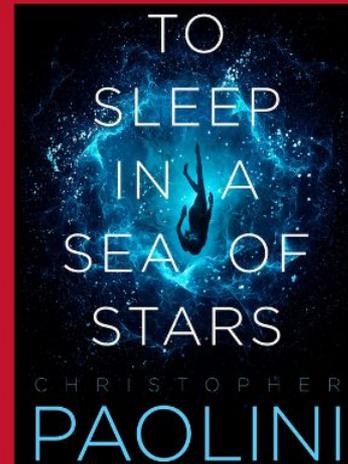
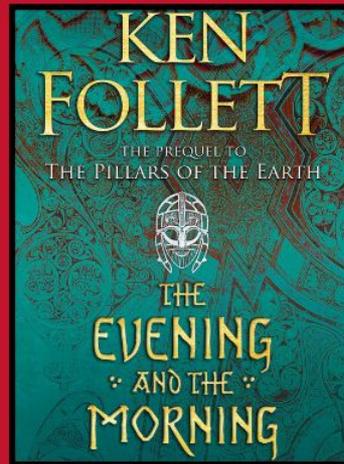
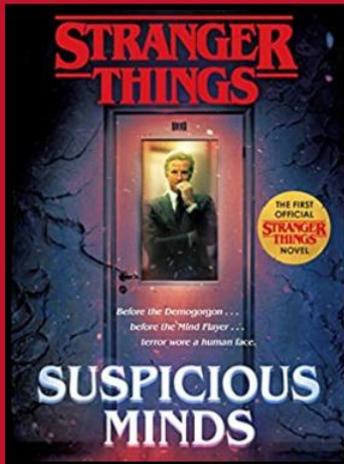
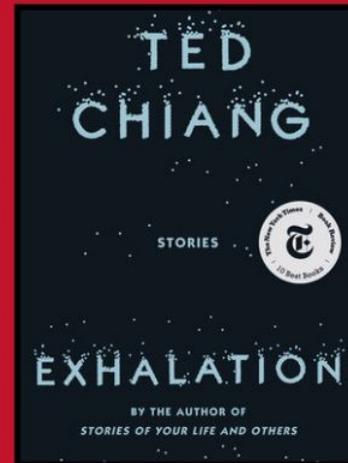
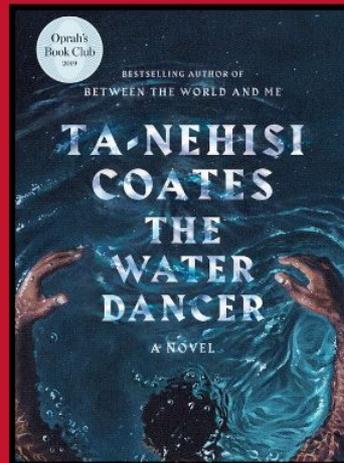
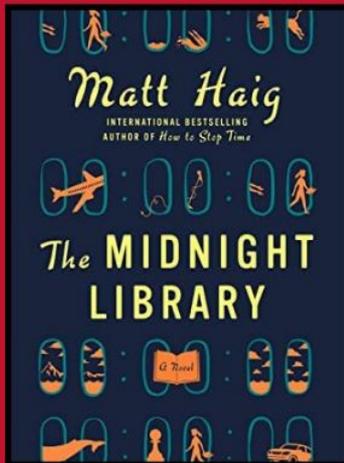
Read & Relax



Featured Genre: Fantasy

Be #WellRead with
WELLNESS

Days



Details

2021

- ◆ Wellness Days social series
- ◆ Launch Axis360
- ◆ Launch grant funded popular DEI ebook collection

Spring 2022

- ◆ Wellness Wednesdays
- ◆ News and Notes

Fall 2022

- ◆ Display
- ◆ Local library partnership

Outcomes

- ◆ A look at digital checkouts:
 - ◆ 62 Axis360 leisure checkouts (of 49 total titles)
 - ◆ 7 titles from DEI collection borrowed (of 33 total titles)



HEALTH & WELLNESS KITS FOR CHECKOUT

2020 Study

8-week trial completed by 142 college students. Light therapy was effective in the treatment of college students with depressive symptoms.



The Kits



Muse 2

Meditation Headband



Happy Light Alba

Light Therapy Lamp



HoMedics Sound Spa

Portable Sound Machine

The Kits



Bubble Fidget

Sensory Fidget Tool from
Therapy Shoppe



Sensory Gel Maze

Finger Maze from Therapy
Shoppe



Weighted Blanket

10 lb. "Wipe Clean" Blanket
from Therapy Shoppe

HOPE

help is a call away.

line

855-249-5649

The H.O.P.E. (Help Over the Phone Everywhere) line is available 24/7 for FREE to Miami University students to call for immediate support, crisis intervention, and stabilization from mental health professionals.





New Health and Wellness Kits for Checkout

Just in time for Finals Week: find energy, calm and focus with the [Miami University Libraries' NEW Health and Wellness Kits](#) available for checkout at King Library. Choose from three kit designs, each including popular products such as the Happy Light Alba and Muse 2 meditation device.

“We know that many Miami students are struggling with mental health concerns including stress and anxiety related to COVID-19,” said Lindsay Miller, head of the Libraries’ Learning and Engagement department. “Our hope is that these kits can be a supplement to other services and resources on campus and continue the important conversation of how to support our students’ health and wellness.”

Kits can be checked out from King Library for up to seven days, and interested Miamians can [check which kits are available using the Libraries' online catalog](#).

[Learn More](#)

Details

Fall 2021

- ◆ Grant proposal
- ◆ Funding and purchasing

Spring 2022

- ◆ Wellness Wednesdays and Late Night Study Break
- ◆ News and Notes
- ◆ Emma messaging

Fall 2022

- ◆ LibGuide
- ◆ Student Center tabling
- ◆ Work with Residence Life

Outcomes

- ◆ Room for growth in checkout numbers, but beginning to generate a “buzz”:
 - ◆ Likes and retweets of social promotion
 - ◆ Positive feedback from counseling center
 - ◆ Questions from students



Thanks!

Any questions?

Email me at crosbylm@miamioh.edu or connect with me on Twitter at [@LMBirkenhauer](https://twitter.com/LMBirkenhauer).

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