LEARNING TO EXHALE

Simple Mindfulness Solutions for Every Law Library
Welcome and Introductions

- Heidi Frotestad Kuehl, Law Library Director, Northern Illinois University
- Susan Urban, Head of Access Services, Oklahoma City University
A few brief meditations:

1) The Three Minute Breathing Space
2) Five minute meditation ([https://www.mindful.org/audio-resources-for-mindfulness-meditation/](https://www.mindful.org/audio-resources-for-mindfulness-meditation/))
3) The Body Scan (from *The Anxious Lawyer*)
Inspiration for this program

• ALL-SIS Student Services Committee Question of the Week
• See all answers on their homepage on AALLNET.org

• Highlights from other Law Libraries
• Mindfulness as eliminating thoughts altogether
• Mindfulness is selfish “me” time and unnecessary in the practice of law
• Don’t have enough time to be mindful = don’t have time to get my regular work done
• Mindfulness doesn’t really minimize stress or anxiety
• Mindfulness is just yoga/meditation and can’t be enjoyable with all of life’s stressors
• There’s too much conflict and pain in the world that mindfulness can’t fix
• Libraries can’t play a role in mindfulness; that’s for other business entities to figure out
Why Mindfulness

• Medical studies have proven that it reduces stress, anxiety, and also provides other health benefits
• Lawyers need mindfulness when dealing with highly stressful encounters in practice
• Mindfulness brings peace, reduces conflict, and can bring harmony and happiness to the individual and those around them
• Law students need mindfulness to reduce stress and anxiety with test-taking and while feeling overwhelmed during law school
• Improves focus, attention, and cognitive performance
Why Mindfulness

• Improves relationships with others and self-awareness
• Helpful for preparing for stressful interactions at work or at home
• Personal transformation
• Creating a “safe place” and feeling of calm on a regular and intentional basis
• For law students and members of the legal community, may aid in combatting stress, anxiety, depression, and other mental health issues
Mindfulness Resources

• The Anxious Lawyer - http://theanxiouslawyer.com/
• Headspace - https://www.headspace.com/
• Calm - https://www.calm.com/
• Mindfulness in Law Society - https://mindfulnessinlawsociety.com/
• ABA Resources for Wellness, Mindfulness, and Work-Life Balance - https://www.americanbar.org/groups/lawyer_assistance/resources/lawyer_wellness.html
• Chicago-area retreats and training: http://www.theinsightcenter.com/mbsr.html
• Center for Mindfulness (UMASS): https://www.umassmed.edu/cfm/
• Mindful.org (with free meditations): https://www.mindful.org/
What We’re Doing at NIU

Additions:

• Mindfulness Collection
• Coloring books and attention to mindfulness in the law library
• Meditation room
• Student lounge in the law library

Law Library Display:
What We’re Doing at NIU

• Mindfulness in the Law class taught by Prof. Laurel Rigertas
• Professionalism series and class on mindfulness/civility in the law
• Law Library displays: [https://libguides.niu.edu/c.php?g=39310](https://libguides.niu.edu/c.php?g=39310)
What We’re Doing at OCU

• Law School Mental Health Awareness Week
• Yoga for staff and students
• “Procrastination Station” during finals
• Training library staff on mindfulness techniques
• Will offer a mindfulness workshop as part of our Practice Workshop series in the spring
What are you doing?

- Give us your ideas and anything your library is doing to promote mindfulness and wellness!
Mindfulness Exercise

• 4-7-8 Hands Exercise (from Mindfulness for Law Students)
• Sending Good Wishes to Others and Meditation Logs handouts
Questions?

• Spread peace, harmony, forgiveness, and recognize our common humanity
• **Mantra**: “May you be happy, may you be healthy, may you know ease and joy, and may you be free from suffering.”