The Stoic Librarian

Susan M. Boland
Associate Director of Public & Research Services
University of Cincinnati
To learn today

• What is stoicism?
• How can stoic philosophy help you in your every day life?
Emotional Labor
Do you suffer from emotional labor?
Display Rules in Your Workplace or Your Family
Microaggressions
• Microassault – Conscious and intentionally expressed

• Microinsult – Subtle interactions or environmental cues

• Microinvalidation – Attack or deny experiential realities
Work related stress

in America

- 62% of workers say their job is their main source of stress
- $300bn estimated cost of job stress at work
- 26% of workers say they were ‘often or very burned’ out by their work
- 25% of workers view their job as the number one stressor in their life
- 1 in 4 workers have taken a mental health day off from work to cope

in Britain

- 16.7% of workers say their jobs is the source of stress
- 1.44% of workers were affected by stress at work
- 11.4m working days lost due to stress
- 30.9% of all work sickness absence due to stress
- 35 suicides at France Telecom since 2008 related to work stresses

in France

- €3bn estimated cost of job stress at work
- 41% of workers felt stressed
- 30% of suicides are work related

Sources:
- http://www.thenemarlincompany.com/MediaRoom/PollResults.aspx
- http://www.lessstress.net/stressfacts.htm

By GDS Infographics
Factors Influencing the Impact Emotional Labor

By Chuck Rogers
Coping Strategies

Try faking it

here

You are
Coping Strategies
Coping Strategies
How You Cope?

STRESS REDUCTION KIT

BANG
HEAD
HERE

Directions
1. Place kit on FIRM surface
2. Follow directions in centre circle of kit
3. Repeat step 2 as necessary, or until unconscious
4. If unconscious, cease stress reduction activity
Stoic:
- showing no emotion especially when something bad is happening
- a person who accepts what happens without complaining or showing emotion
Happiness and freedom begin with a clear understanding of one principle. Some things are within your control. And some things are not.

--Epictetus
God grant me the serenity
to accept the things I cannot change.

COURAGE
to change the things I can.

WISDOM
to know the difference.
Know Your Power

You have power over your mind—not outside events. Realize this, and you will find strength.
Indifferent to Indifferents

Of all indifferents,  
You are most preferred.

#myStoicValentine
Don’t Keep Up With the Joneses
Serene Thoughts, Controlled Emotions
Prepare for the Worst

Optimist: glass half full.

Pessimist: wrong half of glass.

REALIST
I'm gonna need a MUCH longer tongue.
Endure & Renounce

Don't demand that things happen as you wish, but wish that they happen as they do happen, and you will go on well.
Crawl through the Window
Carpe Diem

Practice Being Present
It matters not how strait the gate,

How charged with punishments the scroll,

I am the master of my fate,

I am the captain of my soul.

Invictus By William Ernest Henley