

NWLS Winter Retreat: Self-Care, Reflection & Relaxation**Friday, December 14****Sawmill Saloon**

13505 N U.S. Highway 63; Seeley, WI

5 Contact Hours

9:30 - 10 am: Coffee and Conversation**10 am - 12 pm: Apply Your Own Oxygen Mask First: Self-Care and Self-Management**

Presented by Leah Langby, IFLS

There is so much to juggle in our lives--work, family, home, and troubling world events. Add to that demanding jobs where we are working with a sometimes- challenging public, some of whom are facing difficult issues of their own. Sometimes we lose track of the things we need to do to keep our work--and our lives--functional and sustainable. Leah Langby will lead a workshop to examine some signs of burn-out and steps we can take to develop our own resiliency. You'll have a chance to talk with each other and self-reflect. You will hopefully walk away feeling calmer and ready for more juggling!

12 - 12:45 pm: Lunch**12:45-1:45 pm Evidence-Based Case Discussion**

Participate in a group problem-solving process that you can use in your library to consider challenging situations. Evidence-Based Case Discussion was developed by Birth to Three practitioners here in Wisconsin to help them discuss challenging situations with the families they work with, but it can be a great tool for reflecting on all sorts of challenges. You'll get to try it out by helping one of your colleagues examine a problem, and then have the tools to take it back to your library.

1:45-2:15 pm: Journaling & Reflection

Journaling is known to help reduce stress, help problem solve, boost our memory, determine goals, and clarify thoughts and feelings. Three statements and questions will be posted. You will write down your reflections and then share them with a partner. We will then gather as a large group to discuss the questions.

2:15-2:30 pm: Break**2:30 - 3 pm Relaxing Wrap Up:**

To wrap up the Retreat, Jamie Matczak (a former fitness instructor at the YWCA and YMCA) will lead the group in 30 minutes of deep stretching, breathing exercises, and unwinding. These exercises can be used in times of stress, anywhere and in any space.

3 pm: Cards Against Librarianship

Join us after the retreat in the Sawmill Saloon for fun, games and beverages.

Register Online: <https://goo.gl/forms/fL5o20jeYrkWWvdZ2> by Monday, December 10.