



# WELL

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# RETREAT

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20 May 2022

Austin Peay State University

May 20, 2022

**8:30 - 10am CST**

*Ballroom B & C: Breakfast, Morning Chat, & Welcome from the LIT Committee*

A very chill open. Come as you can, sign in, grab a bagel, and make sure to fill out the card asking you to vent a little. *Can you believe it when....???*

**10am CST**

*Room 305: Labyrinths in the Library*

*Presenter:* Andy Foskey, Lead Instruction Librarian at Chattanooga State Community College

The labyrinth is a timeless tool found in cultures across the world. The twisting and turning path of the labyrinth can lead to increased mindfulness and introspection. In this session, we will delve into the history of the labyrinth, from its roots in ancient Greece, to the soaring cathedrals of medieval Europe. Labyrinths are now found in modern settings, such as churches and hospitals, and increasingly in schools and college campuses. We will examine the mental and physical health benefits of labyrinth walking, and share our experience holding a labyrinth walk at the library. There will even be a chance for participants to enjoy their own labyrinth walk. You will leave this session with a sense of inner calm, ready to develop your own labyrinth event at your library.

**OPEN ALL DAY: Room 312: The Quiet & Room & 310: Yoga Room**

Sometimes we need to just be still and a little stretchy. Pop into the Quiet & Yoga Rooms whenever you need a break and/or some gentle yoga. Even if that is all day - we won't tell.

**11am CST**

*Room 307: Journaling for Creative Organization*

*Presenter:* Grace Therrell, Student Success Librarian for Online Pedagogy, University of Tennessee, Knoxville

Join Grace for a highly interactive session on journaling for creative organization. For more about Grace's experience using journaling for organization in a new job, see the *Tennessee Libraries* article "Does Anyone Have a Map? Organizing, Prioritizing, and Planning as a New Academic Librarian": [tnla.org/page/72\\_1\\_Therrell](http://tnla.org/page/72_1_Therrell)

Notebooks and writing supplies provided, but don't leave your favorite gel pens and stickers at home if you love to love them!

*Room 305: Pedagogy of Self-Care*

*Presenters:* Dr. Adriane MF Sanders, Associate Professor of Psychological Science and Counseling, Austin Peay State University & Dr. Amanda Patrick, Assistant Professor of Sociology

This presentation represents an interdisciplinary perspective to help librarians understand the various challenges patrons have faced among the COVID pandemic as well as offer practical tips to adapt curriculum or perspective in a classroom setting. The presenters will dive into the psychosocial factors and resultant trauma affecting our community, particularly those in a university setting. They will also share how they promote awareness and understanding of the various forms of "trauma" in today's classrooms and the foundations of care-based pedagogy.

**Noon(ish) - 1pm CST - Lunch**

*Ballroom B & C:* Join us for a Mediterranean buffet alongside your Can You Believe It When? confessions (totally anonymous, of course).

**1 - 2:30pm CST**

*Room 307: Starting a Meditation Practice*

*Presenter:* Liz Norell, Associate Professor of Political Science, Chattanooga State Community College

We are so lucky to have Liz Norell from Chat State with us! Political science professor, yogi, and life coach, Liz will share a brief talk about the power of meditation in your life, offer a sense of how to achieve and maintain a meditation practice, and then provide an approachable guided meditation. Find out more about Liz at [liznorell.com](http://liznorell.com).

*Room 305: Imposter Phenomenon Talk "Therapy" Roundtable*

*Presenter:* Caitlin Harrington, Head of Information Access Services, Electronic Resources Librarian, University of Memphis

Imposter phenomenon is feeling fraudulent in your own area of expertise. Sound familiar? Find a supportive and affirming community and join this roundtable conversation about the experience of imposter phenomenon.

**2:30pm CST**

**French Exit to Strawberry Alley Ale Works**

After all that self-care and reflection, you deserve a beer. LIT Committee Members will lead a contingent to the Strawberry Alley Ale Works in downtown Clarksville. See more at [saaleworks.com](http://saaleworks.com).

**CULTURE  
COMFORT**

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