

Week Three Update

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To: Hshsl-All Staff <hshsl-allstaff@umaryland.edu>

Good Afternoon!

You may be wondering – “Why is MJ sending us the Week 3 Update when it is only Thursday?”

Well, the answer is: I am taking the day off tomorrow.

Which leads me to something we all need to think about – self-care.

These are stressful times. Everyone is working hard, and I definitely feel as though there is a constant stream of information, meetings, and requests coming at me.

So, we all get personal, holiday, and annual leave. Let’s use that leave to step back; take a day off, garden, walk, read, play with our kids, be still. Think about disconnecting for a bit. Here are some resources that I have found that may be helpful:

From the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Child care and taking care of yourself during COVID-19:

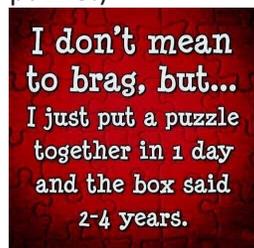
<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

https://www.huffpost.com/entry/kids-mental-health-coronavirus_l_5e81fb57c5b66149226b540e?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAKaedX6ua8eyPhgtJ2TLW7dDSBTzkoIRaPlksFzWS4mLOVXFU0iQB5z8eibyhis1fB_5jChpAkNLW01lcpglmvinTk-ZOHTD40d1m3la0B_H1VPfPh4DMT4bXvvH0anTWlanRDkfUwj_EuOEo2M_lj1IJ9YzhEzuKuAzuch_sVo

<https://www.psychologytoday.com/us/blog/deviced/202003/self-care-and-covid-19-getting-ready-the-marathon>

<https://er.educause.edu/blogs/2018/5/be-still>

I have also found humor to be helpful. This is one of my favorites (BTW - I am not doing so well on my current jigsaw puzzle!)



Feel free to share your favorite photos, memes, recordings, videos with all of us – we can use a break.

Some highlights for the week :

1. Brian continues to churn out pieces for face shields – a recent post showed 20!
2. Tara is on fire with her historical posts. One was a about the School of Medicine’s class of 1943 which graduated two classes in May and December due to WWII. This class was cited in a talk by Dr. Jarrell to the students. And another is coming next week on the medical ship Comfort. Stay tuned.
3. We continue to upgrade the information on our website regarding services and resources the HS/HSL is providing to our user community. We have been able to activate a new round of e-journal digital backfiles.
4. I am sure there is much more going on so feel free to share with everyone the things we are getting done!
5. Let us know if any of you have done any virtual social things – had lunch, coffee, or even a Happy Hour? Let us know. I have heard of some going on...

Thanks to each of you for sustaining us during this time.

Stay healthy...and apart!

Best,

M.J.

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