

## Working from Home, Week 6

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Thu 4/23/2020 4:49 PM

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

Hello Again!

Week six is almost behind us. And although I would still rather be at the HS/HSL, I've gotten into a rhythm for my day. Love the commute. Gives me more time to work and go to meetings on screens.

I'm writing this early because I planned on taking Friday off. My plan was to ride and rake. I just got my bike reconditioned and have been itching to get back out while there is reduced traffic. However, looking at the forecast, I may have to reconsider those plans! I suppose I could find something else to do like clean closets, organize photos, read, write the great American novel. 😊 All the things I thought I would have time to do when home that I haven't even touched! The best laid plans...

Based on what I am hearing from folks from around the library, everything is going gangbusters on the work side which is great but I hope you are taking care of yourself as well. I've been thinking a lot about self-care and the stress of working from home, caring for family, keeping healthy – all from the safety of your home.

Do you have some strategies that have worked? Please share them with us.

If you would like some support for mindfulness and meditation here is a great resource and you get to be in museums:

[https://www.smithsonianmag.com/smart-news/unwind-with-free-museum-meditation-mindfulness-sessions-180974715/?utm\\_source=smithsoniandaily&utm\\_medium=email&utm\\_campaign=20200422-daily-responsive&spMailingID=42331944&spUserID=NzQwNDU1Njk5MDMS1&spJobID=1742405544&spReportId=MTc0MjQwNTU0NAS2](https://www.smithsonianmag.com/smart-news/unwind-with-free-museum-meditation-mindfulness-sessions-180974715/?utm_source=smithsoniandaily&utm_medium=email&utm_campaign=20200422-daily-responsive&spMailingID=42331944&spUserID=NzQwNDU1Njk5MDMS1&spJobID=1742405544&spReportId=MTc0MjQwNTU0NAS2)

Here are some other suggestions from here right at UMB:

### **Work, Life, Technology: The Balancing Act**

Friday, April 24, 2020 // 11:00 - 11:45 am // Register [here](#)

We are living in a very fast-paced time right now, and during this period of work from home it's likely we are experiencing challenges in managing work, family, school activities, email, texting, and social media. In this live webinar, we'll interact in real time with a health educator who will give us tips and answers to our questions on how to balance these demands during quarantine.

### **Transformational Thinking**

Monday, April 27, 2020 // 12:00 - 12:30 pm // Register [here](#)

Transformational Thinking increases whole-body awareness and helps you to manage stress as you learn meditation and breathing techniques to expand your awareness and refine your mind.

Some points of pride this week:

Our awesome ILL team of Na and Vickie have shared they have a fill rate of 87%. I know they miss their co-pals Angie and Rosie and they miss access to our print collections. Our usual fill rate is 95% but without access to the print they have maintained a rate to be proud of!

Admin is still paying bills, clearing the senior list, ordering stuff. When we return we will be amazed by new furniture on the second floor and possibly the fifth. Patrick has been going in a couple of times a week to make sure our mail isn't piling up.

Amy Yarnell applied for and was appointed to ACRL's ResearchDataQ editorial board. Read more about it here <http://www.ala.org/acrl/dss/acr-dssdq?year=2020> Way to go Amy!

And next week we welcome Sandy Galvez back to CATS.

On May 1, the RML transitions into Year 5, the last year of this cooperative agreement. I wonder if the staff will look older? Wiser? Can a new grant proposal be far behind?

BTW I cut Ron's hair this week and did a pretty good job except for that very close cut right above his left ear. We are telling the few people who see him that I was attempting to cut my initials in his hair. Cosmetology. Another career I will not be pursuing.

Stay well and safe!

M.J.

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