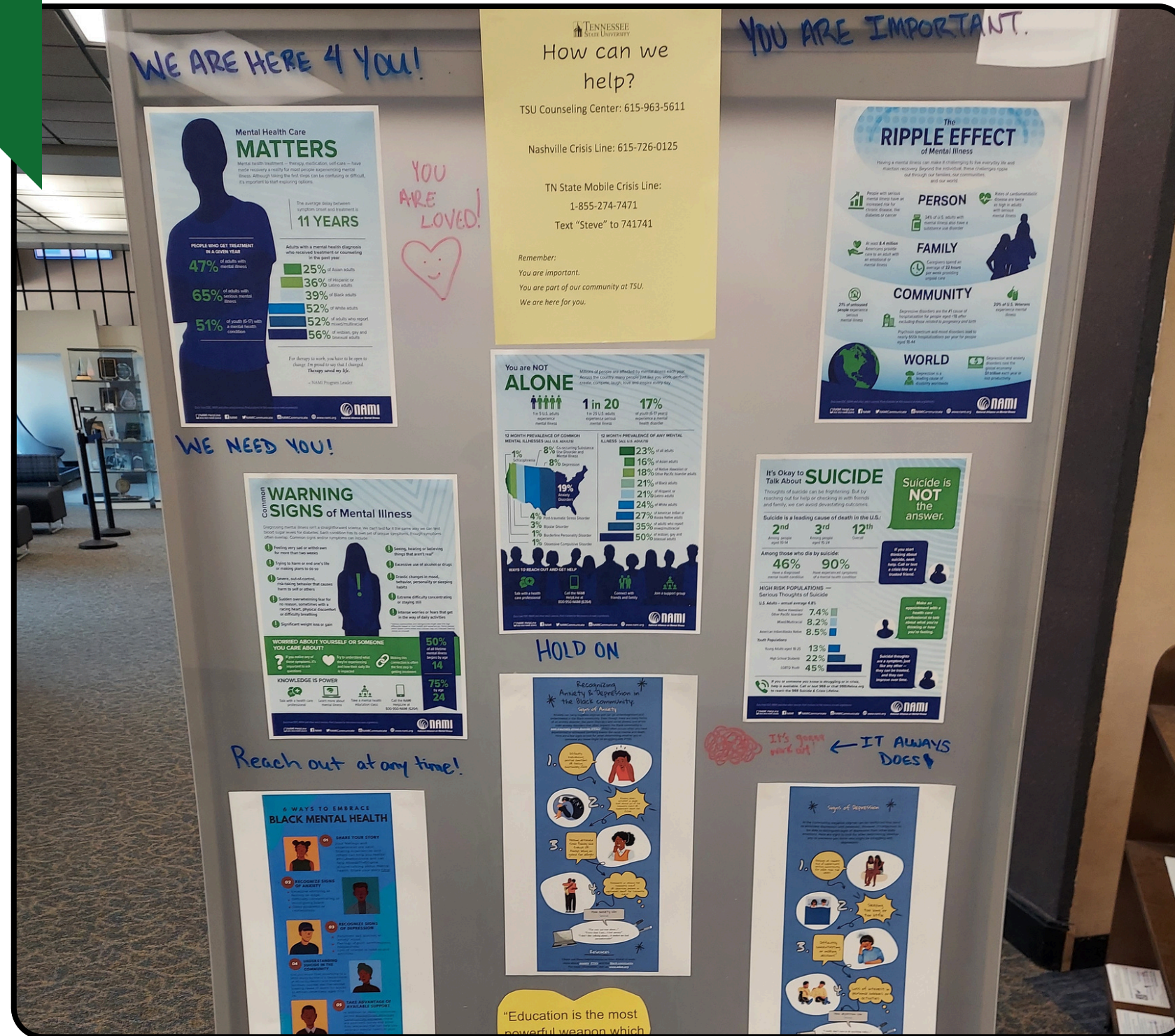




Meaghanne Hooberry Student Success & Outreach Librarian

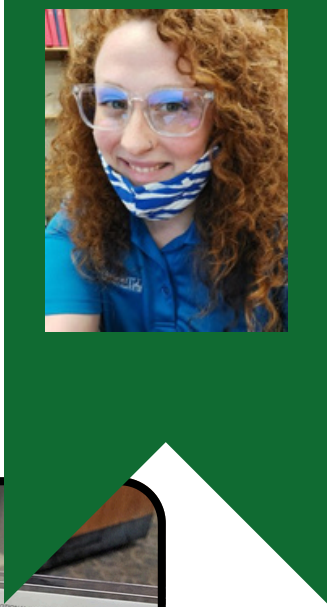
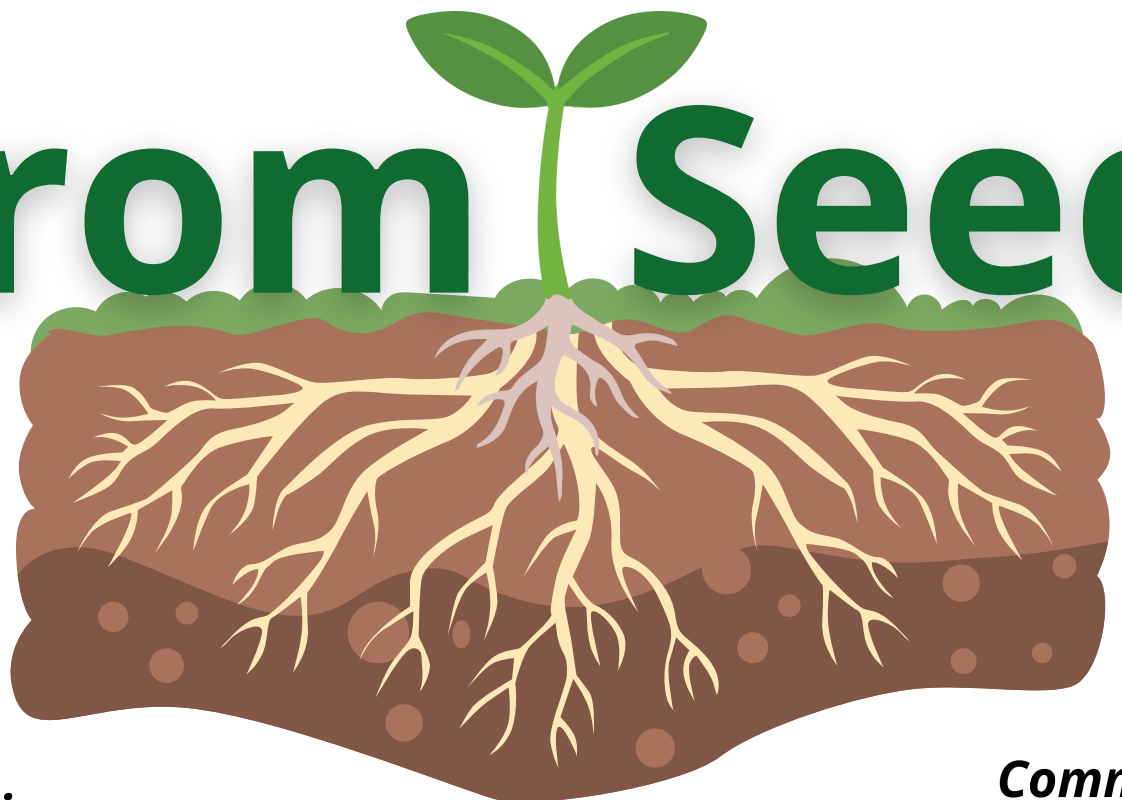


Growing Community

Cultivating Mental Wellness in a Post-Pandemic Academic Library at a Public HBCU

Brown-Daniel Library at Tennessee State University

From Seeds



Belonging

Community

Pandemic

Grief

Afraid

Lost

Information

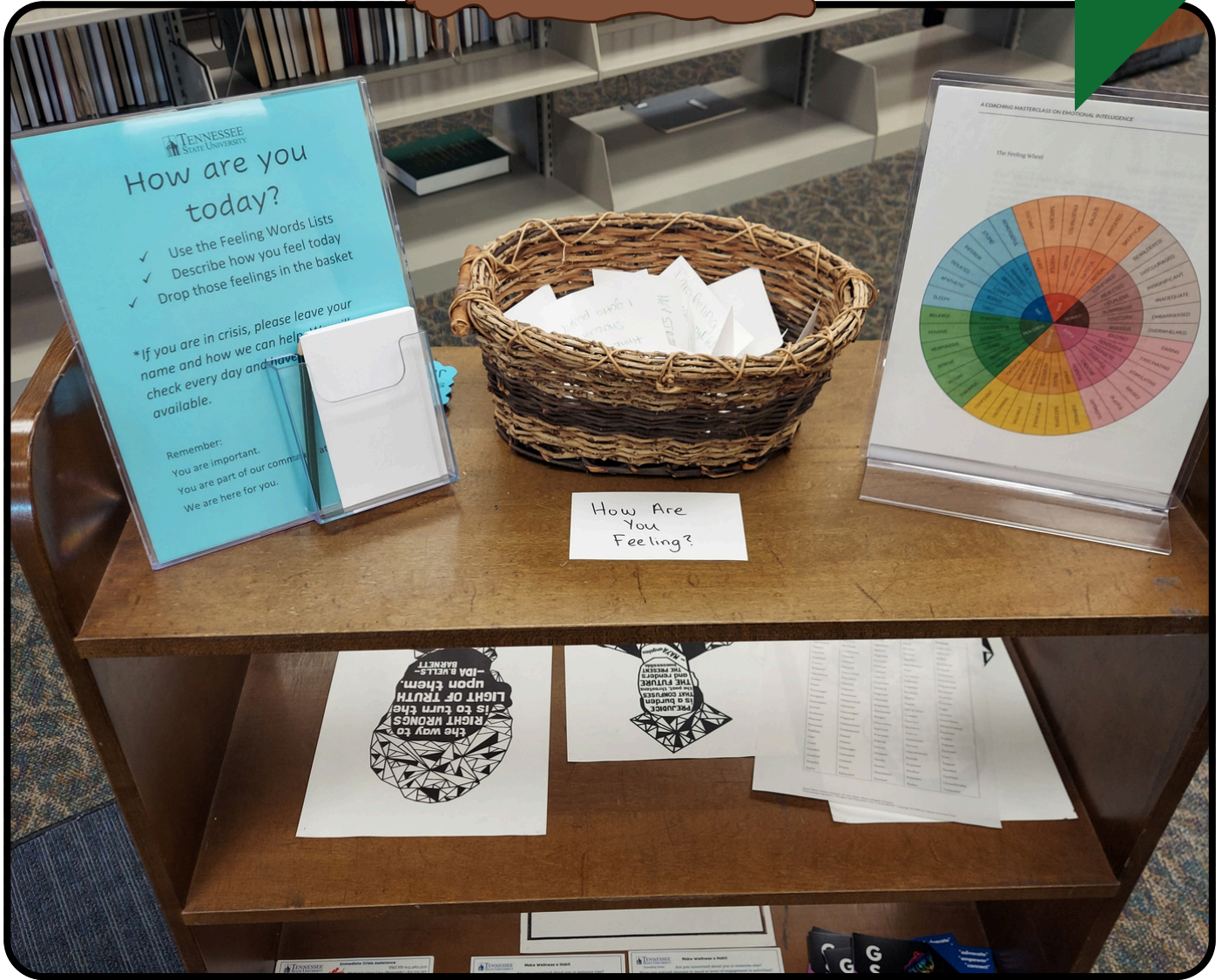
Social Media

Unsure

Emotions

Emotions

Fear



Meaghanne Hooberly Student Success & Outreach Librarian

Project Goals





Crisis Management



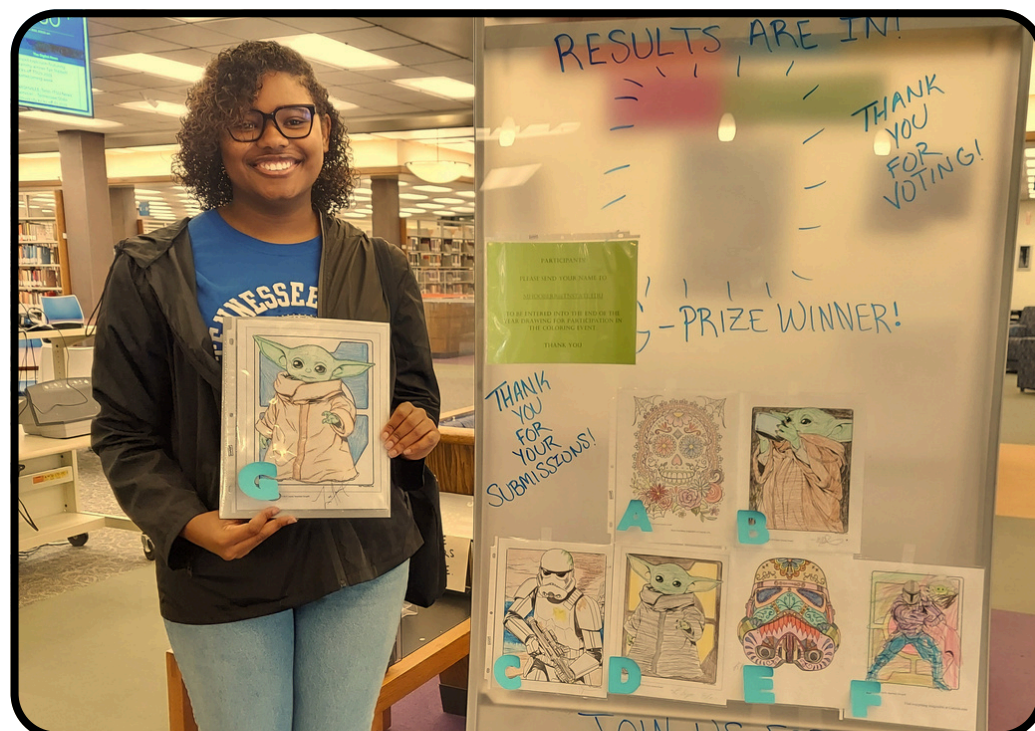
DO WHAT YOU CAN

- You can not fix everything
- Advocate for your students

GET CREATIVE WITH WHAT YOU HAVE

- Upcycle things that you have on hand
- Utilize the knowledge of those around you





NETWORKING
COLLABORATION
TRIAL AND ERROR

Planning

Consistency

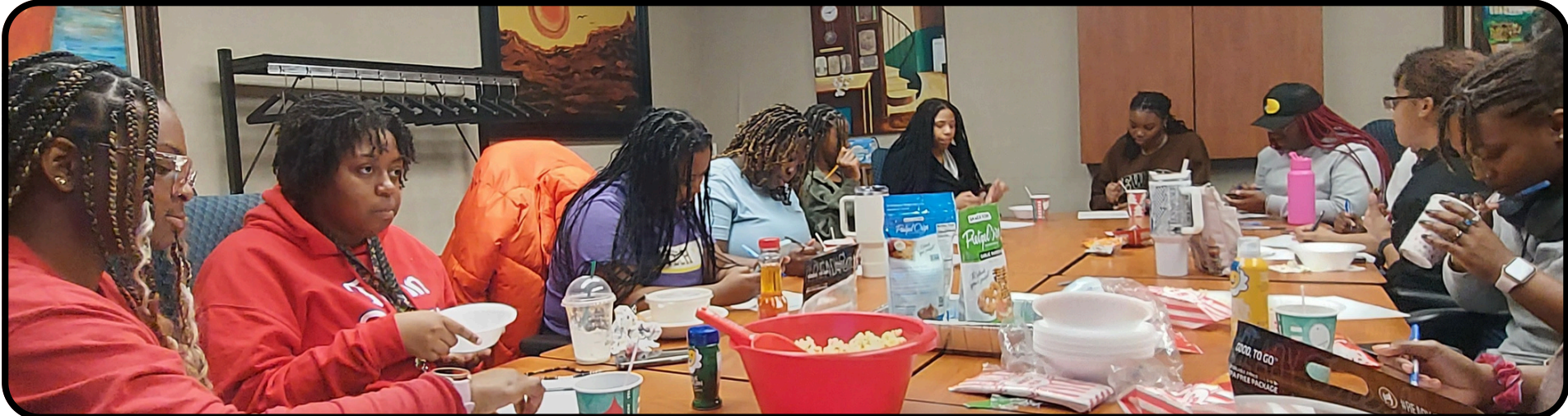
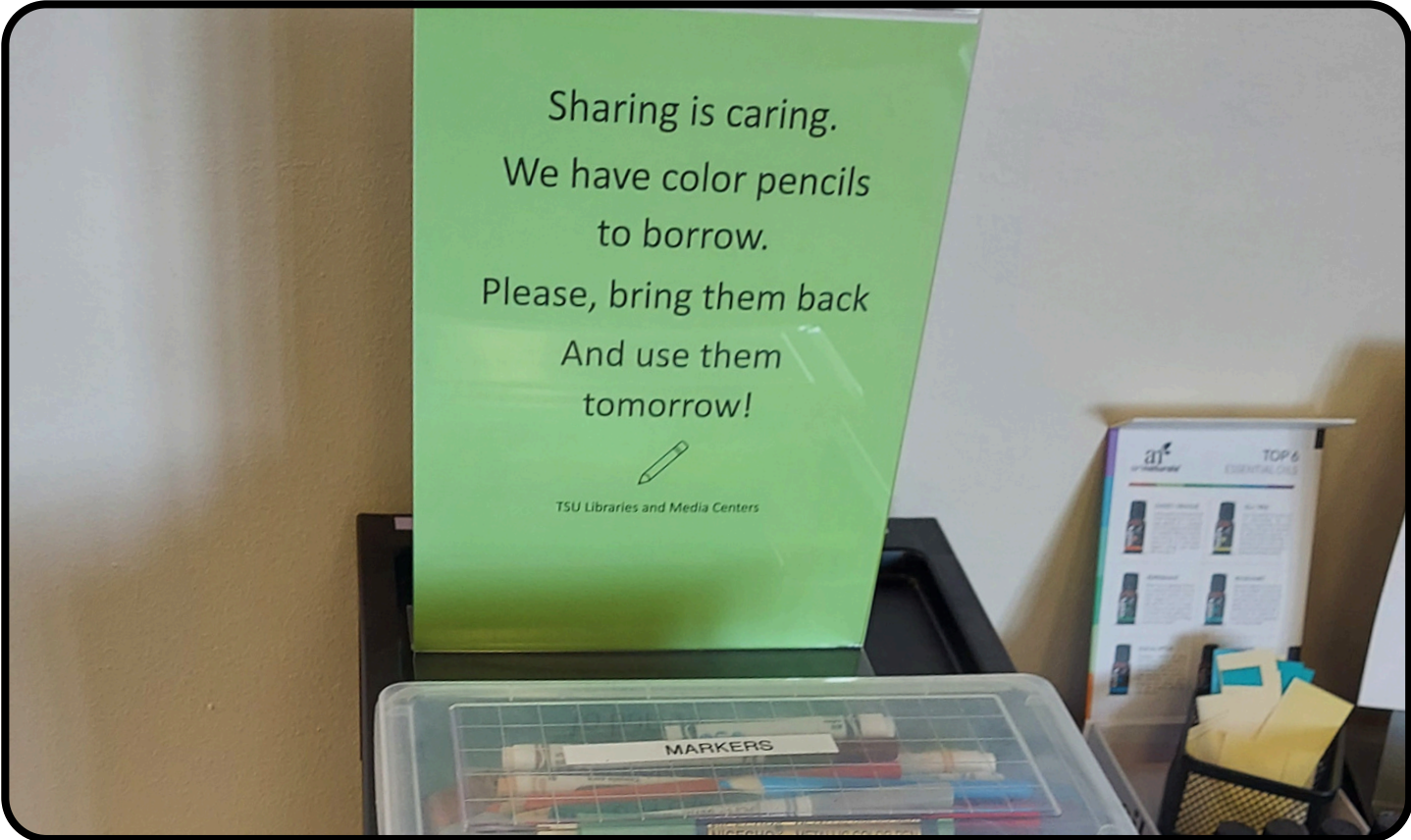
Inclusivity

Access

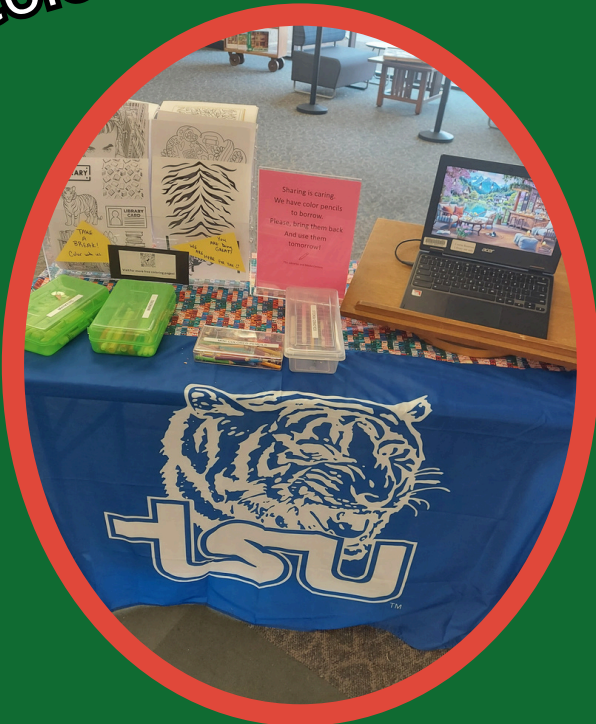




Activities



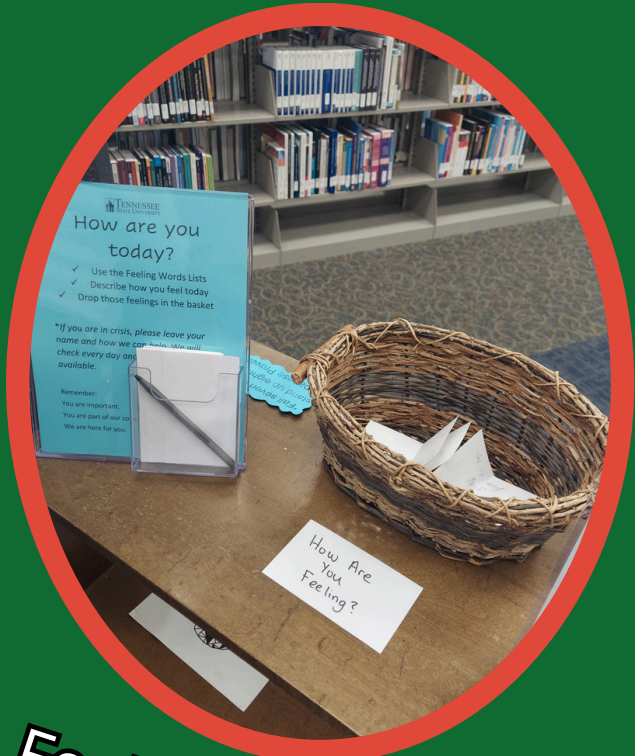
Coloring Stations



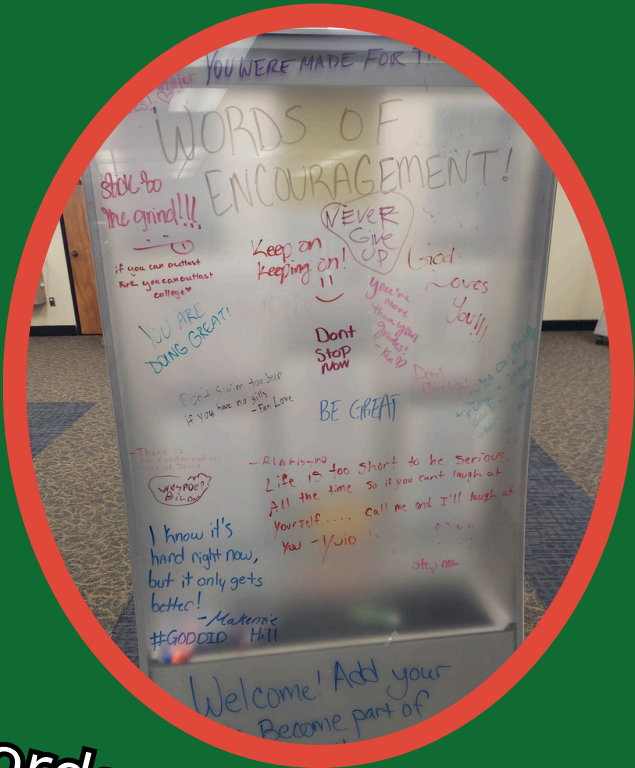
Community Puzzle



Feelings Basket



Words of Encouragement



Essential Oils



How do you know if it's working?

- Boards Fill with Words
- Baskets Fill with Cards
- Coloring Pages Everywhere
- Coloring Kits Run Low
- You Can Feel It



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Deja

"It felt good to have someone that actually took time to understand what students might be going through whether it's something big or small. The mental wellness resources are definitely worth the time put into creating the activities. It gives students a peace of mind especially those that may be needing a break from studying."



Mireya

"Honestly, it felt like someone actually cared about how the students on campus were feeling. Though you didn't have to, you made a safe space for everyone."

Mariah

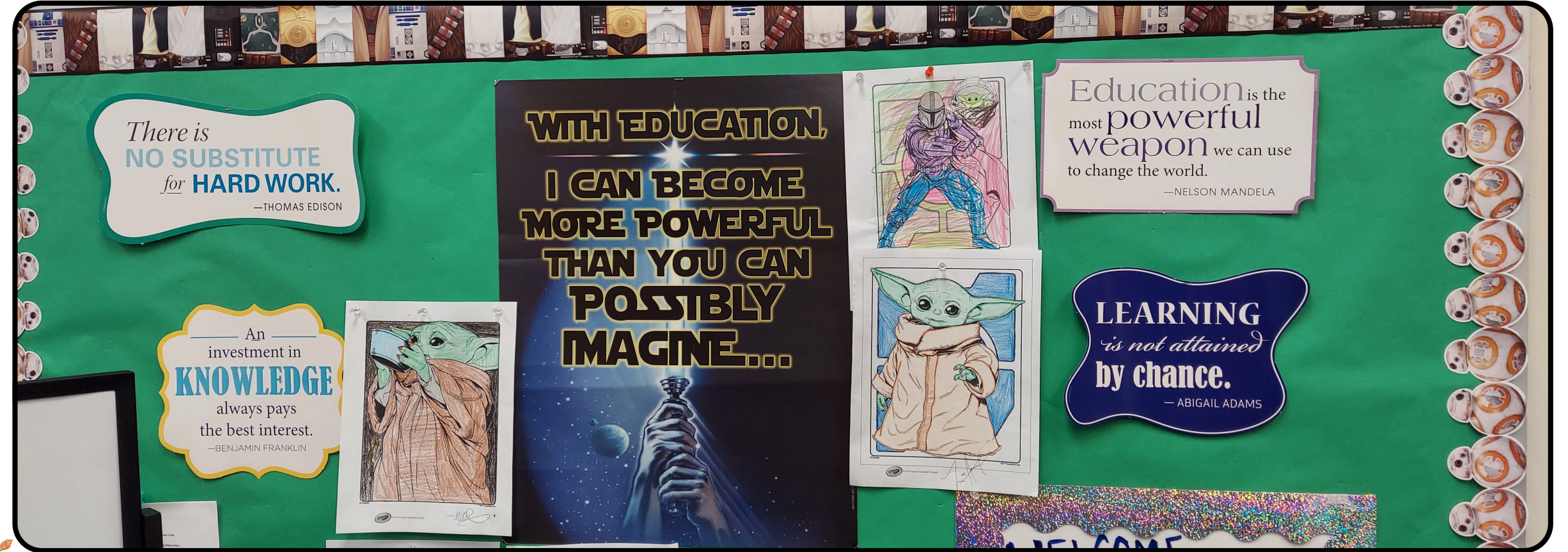
"Hi, my name is Mariah. This experience made me feel seen and supported, and it reminded me how important mental wellness is for everyone. As a nursing student, it helped me grow not just academically but personally too, and it showed me how important it is to be there for others with empathy and understanding."



This project would never have been a success without the brilliant minds and kind hearts of my work study assistants: ***Deja, Mireya, Mariah, & Caylah.***

Thank you!





“The mental wellness activities in the library are crucial for students here on campus. Doing activities like coloring, and using the essential oils helped me to ground myself when I was overwhelmed.”

-Niobe

Student Feedback





Contact

Questions?



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