

Mindfulness: It's good for your core!

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Moment of Zen

Agenda



- Introduction
- Background
- Mindfulness
- Making Mindfulness Personal
- Successful practice
- Conclusion
- Questions
- References
- References

Introduction

- **About me**

- Librarian for 23 years
- 27 years, both public and academic libraries
- Mostly in Technical Services & academic libraries
- 2 years at Endeavor Information Systems
- SWAN for over 3 years as Bibliographic Services Manager
- Earned EdD May 2025
- Interest in Mindfulness
 - Mindfulness and the Academic Library Leader

Background

Why start doing mindfulness?

Better physical health

- Physical exercise
- Stress relief
- Healthier lifestyle

Personal or Spiritual Reasons

- Understand self better
- Create a better version of self
- Understand the interconnectedness of everything

Background Cont'd

Library environments

- Mythos about libraries
- Bullying, conflict, lack of civility
- Do more with less
- Burnout, stress & anxiety
- Job security concerns
- Lack of supportive leadership
- Low morale

Job Performance, Satisfaction, and Engagement

- Pessimistic attitudes
- Lack of energy
- Decrease in effectiveness
- Dissatisfaction
- Lacking resources
- Disengagement

Mental Health

- Burnout, Stress, & Low-morale
- Healthy work/life boundaries
- Psychological Well-being and Job performance
- Employees' coping mechanisms
- Impact of COVID-19

What word or phrase do you associate
with “Mindfulness?”

Mindfulness

Mindfulness

- The intentional observation of the present moment, fostering a deeper understanding of our actions and perspectives (Langer & Moldoveanu, 2000)

Key Traits

- Self-awareness
- Acceptance
- Present minded
- Non-judgment
- Non-reaction



Making Mindfulness Personal

Yoga/Walking/Other Exercises

- Staying present
- Aware of their surroundings
- Engaging their 5 senses

Meditation/Breathing

- Guided
- Apps – e.g. Calm
- Breathing techniques
- Prayer

Slowing down

- Pausing to stop and think
- Self-reflection
- Sitting still
- Mindful eating

Music

- Performed music

Journaling

- Calming the mind
- Writing down emotions
- Making lists

Gratitude

- Appreciation
- Cup of hot water with lemon/tea

Mindful driving

- No radio

Self-care

- Staying home sick
- Work/Life balance
- Seeking mental help
- Grace

Making Mindfulness Personal Cont'd



Moment of quiet

Break from electronics/email

Set unstructured time

Not multitasking

Vision board

Mindful reading

Is there a mindfulness activity
that you practice?

Successful Practice

Practice makes permanent!

- Consistency key
- Frequency can vary
- No specific length of time
- Time of day does not matter
- Make it something for you

Benefits

- Living in the present/Focus
- Emotional intelligence
- Self-management or self-regulation
- Aware of fixed mindset triggers
- Alleviate/Manage stress
- Foster patience and tolerance
- Self-reflection
- Social awareness
- Letting go
- More empathetic
- Breaking old programming/habits
- Better sleep



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Conclusion

Conclusion

Why Mindfulness?

- Accountability
- Better version of self
- Connect with people
- Make better decisions
- Let go of control
- Navigate stressful situations better
- Self-care
- Work/Life balance
- Elevate mood
- Foster better work or life environments
- Stop the mindlessness!

Based on this session, is there
a mindfulness activity you
want to start doing?



Photos by C. Romanowski

Questions?

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References



Presentation
References

