



# Wellness for Librarians

RESOURCES & EXAMPLES



IFLA Section  
Continuing Professional Development  
and Workplace Learning

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BRENÉ BROWN

**We don't have  
to do all of it  
alone. We  
were never  
meant to**

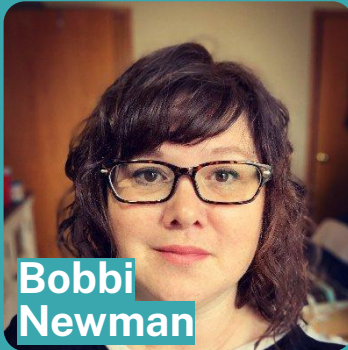
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# Our speakers today





**State and University Library Hamburg,  
Germany**

- Health day
- Weekly moving break
- Office massages
- Courses for health and fitness
- Support at the specific working places
  - Risk assessments
  - Conflict Management
  - Stress prevention
  - Grief at work