



Designing Mindful Spaces in the Libraries:
Fostering Calm and Focus through Wellness Support

Interface Teaching Conference

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Presenters

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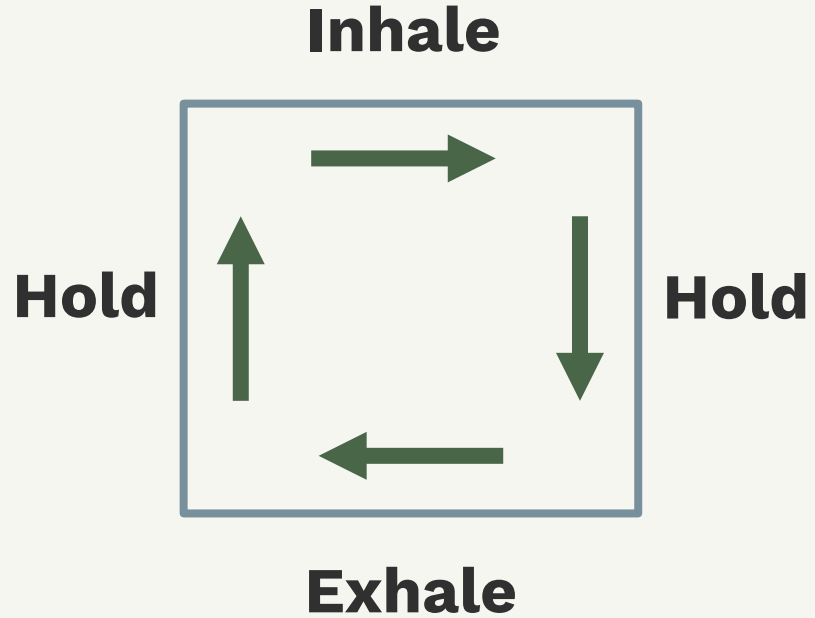
Health Science
Liaison Librarian



Agenda

- Breath Exercise
- Wellness at the Libraries
- Future Wellness Projects
& Poll Activity
- Questions & Answers

Box Breath





Wellness at the Libraries

Libraries on campus

1

Library West
(Humanities & Social
Sciences)

2

**Health Science Center
Library**

3

Education Library

4

**Architecture and Fine
Arts Library**

5

**Marston Science
Library**

6

Smathers Library
(Special and Area
Studies Collections)

UF George A. Smathers Libraries

Library locations

- 1 Library West** Supports Humanities and Social Sciences.
- 2 Smathers Library** Includes Grand Reading Room, Special & Area Studies Collections, Latin American & Caribbean Collection, and Map & Imagery Library
- 3 Marston Science Library** Supports Agriculture, Engineering, Mathematics, and the Natural and Physical Sciences.
- 4 Architecture and Fine Arts Library** Architecture, Art, Museum Studies, Music, Building Construction, and more. Located in Fine Arts Building A.
- 5 Education Library** Supports the academic degree programs associated with the College of Education at Norman Hall.
- 6 Health Science Center Library** Supports the HSC colleges, Centers and Institutes. Located in the Communicore Building.
- 7 Legal Information Center** The Lawton Chiles Legal Information Center is located in the Levin College of Law.

Map:



3,500,000+

visits a year

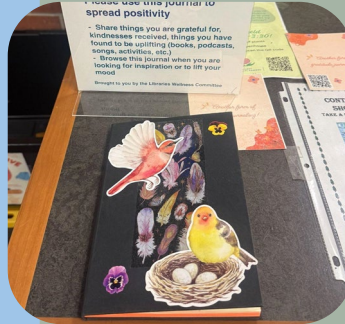
Acknowledgement
of the many **library
employees** who
made these **spaces,
services,** and
resources available.



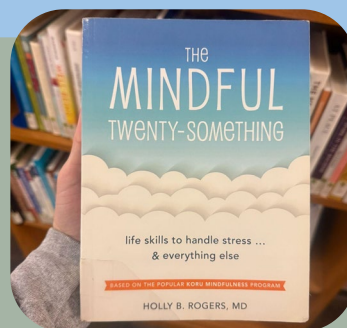
Spaces



Programs



Collections





Future Wellness Projects

Future Wellness Technology



- Breathing Pal players
- Noise-Cancelling Headphones

- Lectrofan sound machines
- Verilux HappyLights

- Mindfulness meditation players
- Venty Clip Fans

Campus Partners



Counseling and Wellness Center

- Focus on mental health and well-being, including counseling, crisis services, outreach, and support groups.

Gatorwell

- Focus on promoting overall health and well-being through educational programs, health promotion strategies, and behavioral change assistance.

Poll Activity



Questions & Answers

Thank You!

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