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## The President's Column

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## The President's Column

I have found that summer is a time of friends, fun, heat, and libraries. At public libraries, buildings and events are full of children and adults participating in summer activities. You may encounter strange animals, enjoy brilliant debates, or even see circus arts up close. At academic and school libraries, summer may mean vacations, time to catch up, or getting ready for fall back-to-school events. You may even see huge projects for shifting collections, re-arranging furniture, or dedicating reinvigorated places to encourage students and faculty to utilize library resources. I truly hope you are enjoying your summer and have found your place to relax and unwind.

Now more than ever, taking care of our mental health is of vital importance. As my family constantly reminds me: you can't pour from an empty vessel. Whether you are just beginning your library career or you've been around the block a few times, working in libraries can be both a draining sorrow and a brilliant joy. Since we see and feel all the things, I advise you to find a good therapist, discover a favorite wine, learn a new skill or hobby, get up and move, or just sit on a beach and relax to the sounds of the surf – no matter what you choose, the most important thing is to find your place to unwind and let go of the stress and worry.

To that end, schedule a venting session with a colleague or friend or, better yet, schedule a therapy session to work through how our jobs impact us and develop coping strategies to keep YOU being YOU. Prefer to avoid formal therapy and want to vent to someone who understands where and when you are at this moment? SELA has a solution for that! Not feeling the need to vent, but have a great listening ear? SELA has a place for you! Get in touch with our Mentoring Committee and let them know you would like a mentor or are available to mentor others.

“Even the darkest night will end and the sun will rise.” - Victor Hugo, *Les Misérables*

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