

# BUILDING A SELF-CARE LENDING LIBRARY

## a Holistic Approach to Student Health and Wellness at Michigan State University

### HISTORY AND BACKGROUND

- As part of MSUL strategic planning implementation, the need for quiet office spaces with natural lighting was discussed. Due to physical building limitations, this wasn't feasible for all, so the idea of providing noise cancelling headphones and therapy lamps was introduced as a solution. It was then decided to extend circulation to all library users.
- We applied for and received a \$2000 in-house microgrant to create a Self-Care Lending Library (SCLL) comprised of 6 pairs of headphones and 6 therapy lamps, plus back up batteries and sanitizing wipes.



Employee Health &  
Wellness Working Group  
2020-2021

**"RESPONDENTS NOTED ISSUES WITH EMPLOYEE WORKSPACES INCLUDING A LACK OF NATURAL LIGHTING AND QUIET SPACES."**



### BUILDING THE COLLECTION

- In order to streamline the integration and use of the SCLL, we leveraged existing similar Library collections, such as circulating collections within our Creative Solutions Center. Students are already familiar with the location, processes and the policies around them, making the use of SCLL items less intimidating.
- Safety and sanitation were a guiding concern while selecting items. These specific items were chosen so that they could be maintained and cleaned without causing unnecessary strain on the student employees working at the service point.

### PROMOTION AND USAGE OF THE COLLECTION

- We partnered with MSU's University Health and Wellbeing division who sent out messages we scripted to their stakeholders. They also attended a library tour where we were able to show the materials and location.
- The library's social media team posted on various platforms with high levels of student and staff engagement, most notably on our library's Facebook page.
- Usage statistics so far show the noise cancelling headphones (which are in house use only) to be very popular with 262 total checkouts in 17 months. The light therapy lamps (which can be used outside of the library) will need more promotion with only 17 total checkouts over the same time period.



### Other Library Resources

[MSU Library's Health and Wellness Information Center](#)

[MSU Library's Sensory collection](#)  
[Library Reflection Room](#)

### For More Info Contact Us

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### COLLABORATION & GROWTH

- The COVID-19 global pandemic reinforced the need for broader and coordinated support of the health and wellness for students and employees across campus. MSU Library provides a range of resources, of which the SCLL is one, that aim to foster a healthy campus climate. We work together to strengthen the campus' Health and Wellbeing initiative.
- We are continuously soliciting suggestions for items to add to the SCLL while also looking at peer institutions for items for future expansion. Selection of items is governed by Library policies such as a fragrance-free workplace.