

NEVADA LIBRARY Q&A/CHECK-IN

10 am, Tuesday, August 11, 2020

with Tammy Westergard,

Nevada State Library, Archives & Public Records Administrator

Tuesday @ 10 - Intentions



to promote unity,
fraternity, and help
build resilience



to debrief and share



to assist in the response
phase and start the
recovery phase.



to learn and be better
prepared

Agenda

01

10 Minute
Wellness: the
antidote to
loss & stress

02

Q&A with
guest speaker
Grant Clowers

03

Save the Date

04

Check-in

August speaker: Grant Clowers

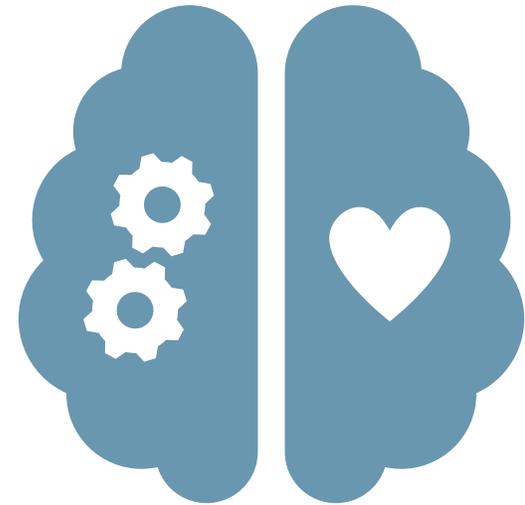
Grant Clowers, LCSW, Psychotherapy and Clinical Services Supervisor at Carson Tahoe Hospital Behavioral Health Services

- Specializes in mindfulness-based cognitive behavioral therapy such as Dialectical Behavior Therapy and Acceptance and Commitment Therapy.
- Worked in several different mental health areas including community mental health and outpatient private practice.
- Before coming to Carson City 12 years ago, he worked in the Office of Mental Health Research and Training at the University of Kansas in Lawrence.
- Has worked for the last several years on developing programs to help people deal with the fundamental nature of human suffering, which is the way our brain takes part of reality, especially negative and painful parts, and makes it the center of focus.
 - Known as a “negativity bias” this often leads to an understandable but unhelpful sense of reality as being dominated by problems and pain.
 - The bad news of this therapeutic perspective is that our brains are wired for unhappiness.
 - The good news is that there are practices and skills that can help us to get a broader, more realistic, and more positive view of ourselves and our life.

In this series Grant will show that losing a job or career is more like losing life as we know it, and the resulting stress gets people more and more caught in a narrow and negative sense of reality. But, he will also show that with the right skills, this negativity bias can be overcome and people can take even catastrophe as an opportunity for growth and change.

Session Two

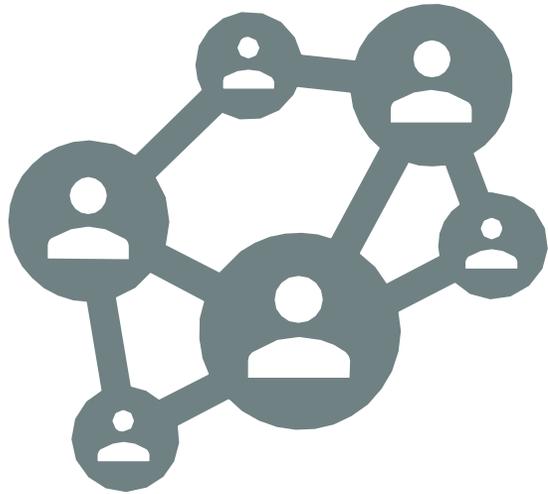
The antidote to loss and stress is meaning and love.



A black and white satellite image of a hurricane, showing a distinct eye and spiral cloud bands. The image is framed by a thin white border. A semi-transparent dark grey rectangular box is centered over the hurricane, containing white text.

There are skillful ways to deal with disappointment and stress that help keep people from spiraling down to hopelessness and helplessness

Identity has several sources



- work
- family
- spirituality
- friends
- other values



Our brain tricks us into suffering when the negativity bias gets us overfocused on problems and losses and underfocused on positives and possibilities

Changing our focus from obstacles to opportunities is the path through what seems like a catastrophe



No magic formula to make life less hard, just a way of getting a bigger picture when the world shrinks to our worries and sorrows

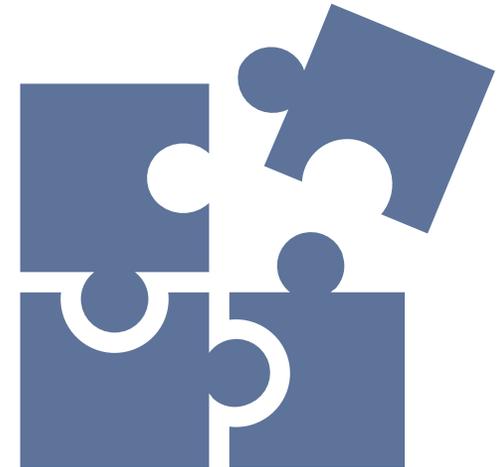
$$\begin{aligned} & 996 i) \zeta^6 + (0. + 9.81486 i) \zeta^5 \sqrt{\zeta^2 - (0. + 640.701 i)} + \\ & 0.3847 i) \zeta^5 \sqrt{\zeta^2 - (0. + 1127.53 i)} + (0. + 20.3847 i) \zeta^4 (\zeta^2 - (0. + 640.701 i)) + \\ & .81486 i) \zeta^4 (\zeta^2 - (0. + 1127.53 i)) - (0. + 9.81486 i) \zeta^3 \sqrt{\zeta^2 - (0. + 640.701 i)} (\zeta^2 - (0. + \\ & 0.3847 i) \zeta^3 (\zeta^2 - (0. + 640.701 i)) \sqrt{\zeta^2 - (0. + 1127.53 i)} + \\ & 19 \left((0. - 0.630868 i) \zeta^3 - (0. + 14.0909 i) \zeta^2 \sqrt{\zeta^2 - (0. + 640.701 i)} - \right. \\ & 0. + 6.45738 i) \zeta^2 \sqrt{\zeta^2 - (0. + 1127.53 i)} - (0. + 1.21667 i) \zeta (\zeta^2 - (0. + 640.701 i)) + \\ & 0. + 0.585806 i) \zeta (\zeta^2 - (0. + 1127.53 i)) + (0. + 7.08825 i) \sqrt{\zeta^2 - (0. + 640.701 i)} (\zeta^2 - (0. \\ & 0. + 14.7217 i) (\zeta^2 - (0. + 640.701 i)) \sqrt{\zeta^2 - (0. + 1127.53 i)} \left. \right) = 0 \end{aligned}$$



Getting a broader more positive view is less about positive thinking and more about positive focusing and planning

Next Tuesday: Session #3

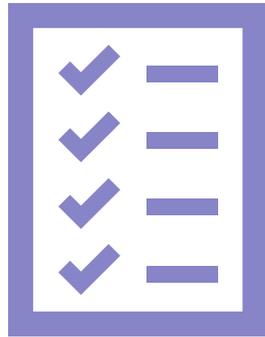
- Practical Ways of Getting a Bigger Picture.





Thoughts/Questions/Comments?

Nevada State Library Covid-19 toolkit



10 Minute Wellness webinars and resources
posted here



<https://nsla.nv.gov/COVID19/10MinuteWellness>

Save the Date: Friday, August 14, 2020



1. State Council on Libraries and Literacy (Public Meeting) @ 10 am
 - a. via Zoom: <https://uso2web.zoom.us/j/84495045843>
 - b. Meeting Materials posted by Monday, August 10
 - c. <https://nsla.nv.gov/SCLLo81420>
2. Directors Meeting @ 11 am
 - a. via Zoom: <https://uso2web.zoom.us/j/84495045843>



CHECK-IN

Comments, concerns, observations?

Library Planning & Development Team

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VIRTUAL COFFEE BREAK

An informal, after-meeting chat opportunity