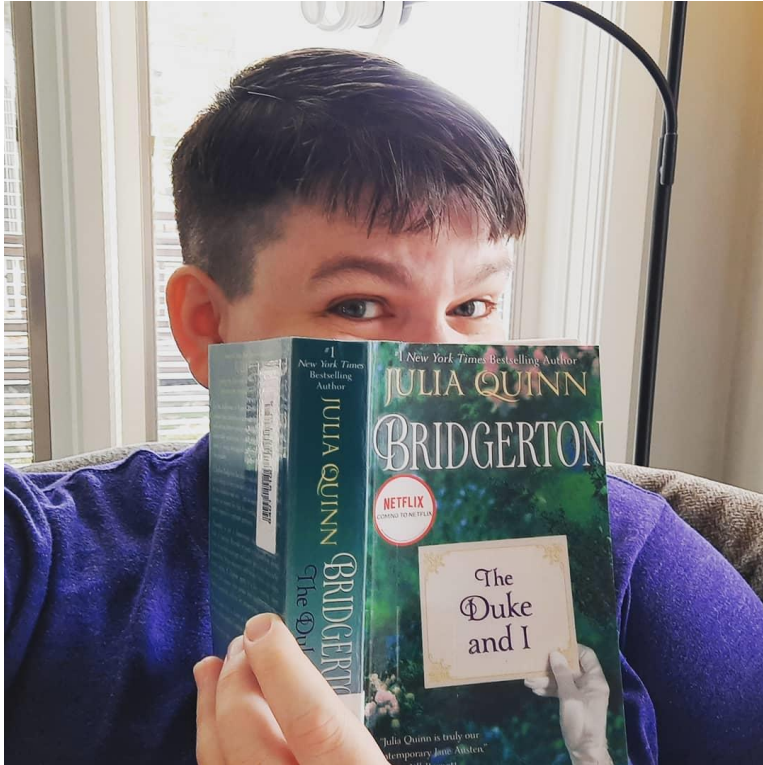


TINY HABITS TO HELP YOUR WELLBEING

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INTRODUCTION



- Library Strategist at MCLS
- Former Assistant Director at Eckhart Public Library
- Received a Certificate in Creating Wellbeing through a scholarship from MCLS
 - Cohort of 16 Indiana libraries



COMMUNITY AGREEMENT



There are no “right answers.”



Keep an open mind.



It’s OK to disagree, but don’t be disagreeable.



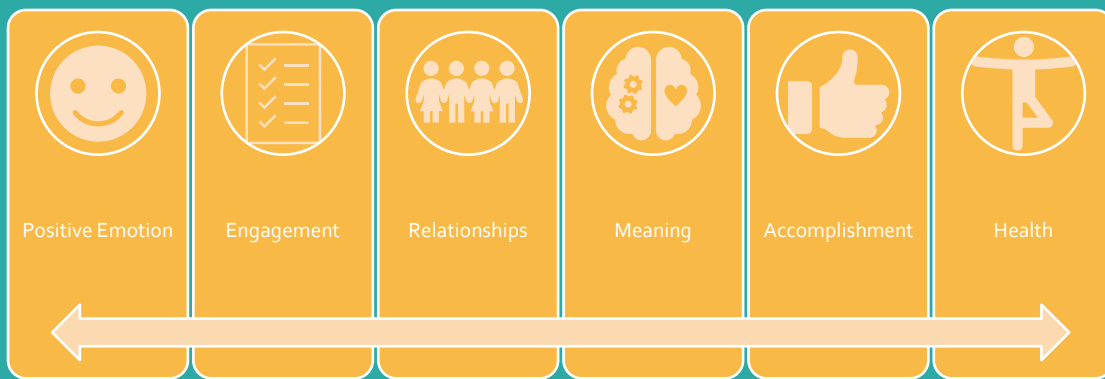
Ask questions!



Have fun learning something new!

WHAT DO WE MEAN BY WELLBEING?

- 🔗 “Our ability to feel good and function effectively as we navigate the natural lows and highs we all experience.” - Michelle McQuaid
- 🔗 PERMAH - 6 pillars of wellbeing



POSITIVE EMOTION



Include: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, love, etc.

You won't feel them all the time, but you can find ways to feel them more often.

ENGAGEMENT



Feeling “in the zone”
or in a state of “flow”

Related to using your
strengths

Visit
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RELATIONSHIPS



Connecting
with love and
joy

“Belonging
behaviors”

MEANING



Start with
your
strengths

Move to your
skills and
talents

Highlight
your passions

Identify your
values

Love of learning,
curiosity, bravery,
creativity

Connection,
sorting through
info, making
decisions

Community

Equity, justice



ACCOMPLISHMENT



Growth
mindset

Learning
Loop

Self-
Compassion

HEALTH



Food is fuel

Meaningful
movement

Sleep

Rest &
recovery

TINY HABITS

B.J. FOGG



WHY TINY HABITS?



Behaviors come from:

- Motivation (desire)
- Ability (capacity)
- Prompt (cue)

Find **one small thing** you can integrate into your routine.

THREE STEPS TO CREATE A TINY HABIT

Pick something small you can do to improve in one (or more) area of wellbeing.



Think of something that can serve as a prompt for the behavior.



Think of a way to celebrate your success.

After I [prompt] ...
I will [behavior] ...
Then, I will celebrate by [celebration].





Who would like to
share their tiny habit?



WHAT IF IT DOESN'T WORK?



Playfully experiment!



What isn't working?



Does your habit need
to shrink or scale up?



Does your celebration
need to be different?

QUESTIONS?

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