

Life After Dogs: Rebooting a Library Stressbusters Program

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Loyola Notre Dame Library

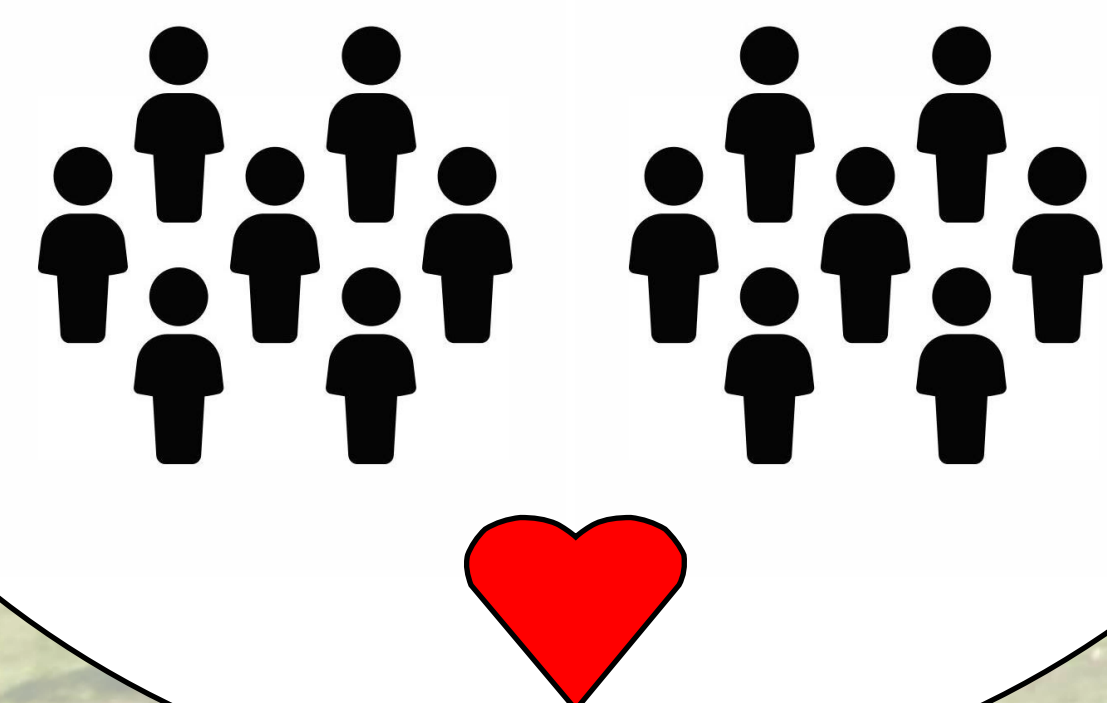
Background

The Library Stressbusters initiative at LNDL was created in 2013 to support student wellness during final exams. Visits from therapy dogs were the cornerstone of the program. Due to a change in University policy in Spring 2016, the Library could no longer host the dogs. LNDL was challenged to create a successful Stressbusters program despite the loss of this immensely popular event.

2013-2016

- ♦ Therapy dogs
- ♦ Free coffee & cookies events
- ♦ Small arts & crafts table

(but mostly the dogs)



2016—2018

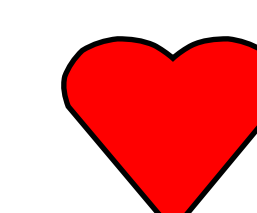
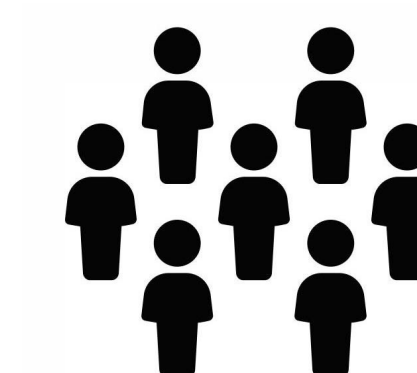
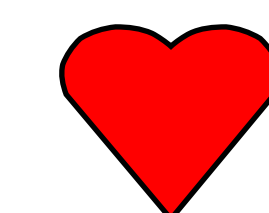
- ♦ Free coffee & cookies events
- ♦ Puzzles and games
- ♦ Small arts & crafts table
- ♦ Free LNDL swag



2018-2019

**** New Library Commons ****

- ♦ Sunday Brunch Yoga event
- ♦ Pop-up waffle bar
- ♦ Healthy snacks & tea station
- ♦ Video games
- ♦ Free coffee & cookies event
- ♦ “Craft corner,” Legos, games, and puzzles
- ♦ Stress relief resources exhibit
- ♦ Free LNDL swag



Continued Partners

- ♦ Universities’ Counseling Centers
- ♦ LNDL Student Advisory Board

New Partners 2018-2019

- ♦ Loyola’s Fitness & Aquatics Center
- ♦ Loyola Dining Services

Possible Future Partners

- ♦ Student-Led Wellness Groups
- ♦ Office of Student Support & Wellness
- ♦ Campus Performing Arts Groups
- ♦ Notre Dame’s Pre-School

Recommendations

- ♦ Develop annual Stressbusters plan
- ♦ Support student wellness year-round, not just during final exams
- ♦ Tie in crafting station with service projects and other campus initiatives
- ♦ Don’t be afraid to pilot
- ♦ Design assessment plan
- ♦ Take more photos

Acknowledgments

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