

What We Build Together: Hope, Libraries, and the Power of Collaboration

Colorado Resource Sharing Conference

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Resource List

Book: *Conversations Worth Having* by Cheri Torres & Jackie Stavros

[3 ways to feel less negative at work](#)

[Calming Your Brain During Conflict](#)

[Resilience Is About How You Recharge, Not How You Endure](#)

Book: *Rest is Resistance* by Tricia Hersey, @TheNapMinistry on socials

www.permahsurvey.com – a free survey instrument to measure your wellbeing and get tiny habits to help improve areas that you want to work on

Hope

[It Is MLK Day. Do Not Despair. This Year Especially, We Have Work To Do.](#)

[Facing the future with confidence: IFLA Trend Report 2024 launched – IFLA](#)

[Making Joy a Priority at Work](#)

[Find your purpose with this 5-minute exercise](#)

[What's the Most Impactful Thing You Learned This Year?](#)

Thinking Positively

[Emotional Agility](#)

[Make Yourself Immune to Secondhand Stress](#)

[What Is The Negativity Bias and How Can it be Overcome?](#)

[An Anxious Person's Guide to Managing Anxiety](#)

[1 in 5 Employees Is Highly Engaged and at Risk of Burnout](#)

Building Community

[The Surprising Power of Team Rituals](#)

[Great Storytelling Connects Employees to Their Work](#)

[The Ties That Bind: Overcoming Loneliness and Building Social Connections in a Disconnected World - Mindful](#)

[Why leaders need to be more transparent right now](#)
[How to Get People to Accept a Tough Decision](#)

Productivity & Workplace Wellbeing

[Why You Should Stop Trying to Be Happy at Work](#)
[How to Keep Up with the News Without Getting Overwhelmed](#)
[Learn to Get Better at Transitions](#)
[If You Can't Take a Vacation, Get the Most Out of Minibreaks](#)
[Why You Need an Untouchable Day Every Week](#)
[Get Your Passion Project Moving Without Quitting Your Day Job](#)
[How to Deal with Constantly Feeling Overwhelmed](#)
[The Next Time You Want to Complain at Work, Do This Instead](#)
[How to Keep Working When You're Just Not Feeling It](#)
[You're Never Going to Be "Caught Up" at Work. Stop Feeling Guilty About It.](#)
[5 Tactics to Combat a Culture of False Urgency at Work](#)
[To Control Your Life, Control What You Pay Attention To](#)

Managing Uncertainty & Change

[What It Takes to Thrive During - HBR On Strategy - Apple Podcasts](#)
[A Simple Formula for Changing Our Behavior](#)
[What to Do When You're Feeling Distracted at Work](#)
[The Hidden Toll of Microstress](#)
[What to Do When Your Mind \(Always\) Dwells on the Worst-Case Scenario](#)
[4 Counter-Intuitive Steps to Deal with Ambiguity and Uncertainty](#)