RESOURCES FOR MEANINGFUL & RESILIENT WORK

Joyful Museums website, Marieke Van Damme, joyfulmuseums.com (specifically handouts Resources for Workers and For Managers)

Objective Lessons: Self-Care for Museum Workers by Seema Rao, self-published, 2017

The Care and Keeping of Museum Professionals, ed by Sarah Erdman, self-published, 2019


Creativity in Museum Practice, Linda Norris and Rainey Tisdale, Routledge, 2013


How to Be Happy at Work: The Power of Purpose, Hope, and Friendships by Annie McKee, Harvard Business Review Press, 2018

OTHER RESOURCES TO FEED YOU & YOUR COWORKERS


Death Sex & Money podcast, Anna Sale, https://www.wnycstudios.org/podcasts/deathsexmoney


TED talks, https://www.ted.com/

Brainpickings, Maria Popova, https://www.brainpickings.org/

NEMA Museum Admission Program, https://nemanet.org/nema-community/admission-program/ (Institutional NEMA members offer free or reduced admission to other NEMA members as a professional courtesy. Take advantage of this great benefit!)
10 THINGS VISITORS GET FROM MUSEUMS THAT COULD BE APPLIED TO STAFF

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<th>What Visitors Get</th>
<th>Translated to Museum Staff</th>
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| 1. Access to knowledge Space/time to learn something new & grow as a person | Allocate funds for professional development  
Brown bag lunch seminars  
Buy & share books for staff, staff book group |
| 2. Access to special spaces with a strong sense of place and sensory immersion | Attend to your workspaces! Do they feel special?  
Can you improve on the sensory experiences in your work: sight, touch, smell, sound, taste?  
Bring each other “behind the scenes” of what you do.  
Can friends of your museum—board members, colleagues at other orgs—share their special spaces? |
| 3. Social experiences; bonding (connecting with people you know) and bridging (connecting with strangers) | Create social events for staff based on what we know works for visitors: memorable shared experiences, social objects, etc.  
Encourage interns and other newcomers to add their own unique perspective to the social mix  
Increase board/staff interactions |
| 4. Connecting with objects: deep looking, learning, meaning making | Connect staff with objects!  
Start meetings with a collection object, hold meetings in the galleries whenever possible  
Staff get to adopt an object or do staff favorites labels  
Encourage collections database browsing |
| 5. Experience wonder | Share wondrous things with each other, whether they come from museum content or the outside world  
Weekly moment of wonder? |
| 6. Escape from everyday life | “Unplug” days, workcations, use your days off, take walks in fresh air during breaks |
| 7. Stories | What are the stories your staff hear and tell?  
Literature on workplace storytelling |
| 8. Grapple with issues/ideas/universal human themes that truly matter | Engage staff in building institutional vision and developing projects that truly matter (examples: openness at Musee McCord Stewart, curiosity at History Nebraska, mass incarceration at Eastern State Penitentiary) |
| 9. Free choice learning/autonomy over their experience | Give workers flex time, autonomy over how they carry out their responsibilities |
| 10. Support for John Falk’s visitor types | Explorers: staff encouraged to follow their curiosity  
Facilitators: staff support each other by looking for opportunities to facilitate colleagues’ growth and meaning  
Experience seekers: staff supported in “collecting” iconic workplace experiences  
Rechargers: staff encouraged to take time for recharging wherever in the building/grounds visitors find it most meaningful. Meditation in galleries before opening to public?  
Professionals/Hobbyists: staff encouraged to bring their hobbies and areas of expertise into their work. |