

If you're falling, you're learning: Building resilience and finding balance at the intersection of libraries and roller derby

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Derby Concepts

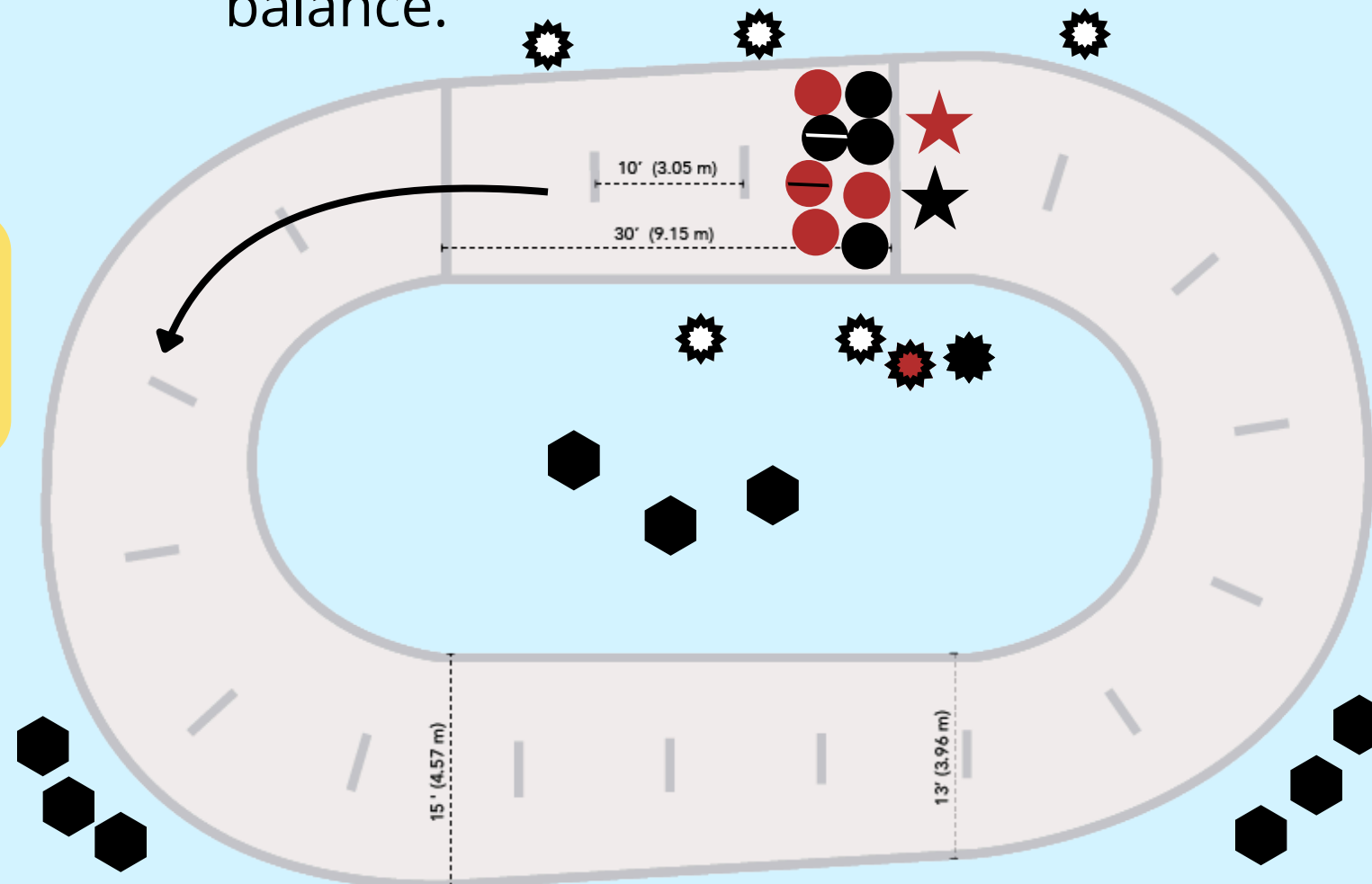
Leagues & Values
Stance & Readiness
Track Awareness
Engagement Zone
Communication
Timing & Strategy
Walls & Bridges
Re-Forming

Resources & Bibliography



Purpose

Roller derby's gameplay and community values are encouraging object lessons for all library workers to hold space for reflection, joy, and resilience. This poster aims to understand roller derby's organizing principles in relationship to library work, and demonstrate ways that connecting joyful hobbies, community-based activities, and library work can enable (and challenge) work-life balance.



Applied Practice

Organizing
Positionality
Physicality & Embodiment
Access & (Dis)ability
Growth Mindset
Movement & Praxis
Community Care

Reflection Prompts

- Where do you find supportive community? How do you show up for that community in practice (and vice versa)?
- How does your community practice inform your library work? How does your community practice shape your self-care?
- What new skills are you learning? How does learning a new skill impact your "work-life balance" or mindset?
- When, where, or with whom do you feel safe to "fall"?