GovDocs, GovPubs, GovInfo: TechnoStress & Self-Care
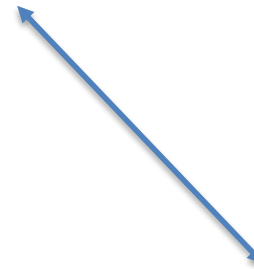

By Frits Ahlefeldt - HikingArtist.com

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Government Documents
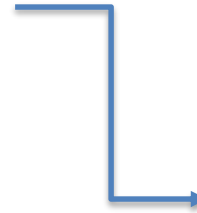
Government Publications

Government Information

Government Documents is where we began. Joe Morehead uses publication/document interchangeably in his books quoting GODORT's definition in 1977 as "any publication in book, serial, or non-book form published by or for a government agency, e.g. the publications of Federal, State, Local, and Foreign governments and of intergovernmental organizations to which government belong and appoint representatives, such as the United Nations, Organization of American States, and the Erie Basin Commission." (Morehead, 25)

According to the opening chapter of *Fundamentals of Government Information* (my go to source whenever I need to check my own sanity), government information is the people's information.

Further, a government publication is "informational matter which is published as an individual document at government expense or as required by law" 44 U.S.C. § 1901. (Forte, 4)

What really got me was the FDLP webinar to create your own depository library on your smart phone https://www.fdlp.gov/about-fdlp/415-fdlp-academy/academy-webinars/3624-make-your-smartphone-a-depository-library . What a great idea and yet, are we dooming ourselves? Why would anyone still need the FDLP?

Job ads for GovInfo librarians have requested experience or skill in:

➢ Working knowledge of library databases

➢ Working knowledge of creating LibGuides and Guide-on-the-Side materials

➢ Social media (Facebook, Instagram, Twitter, Snapchat, YouTube, WhatsApp, Pinterest, Tumblr, Google+, LinkedIn, Quora, Reddit, Flickr, Qzone)

➢ Electronic Devices: Kindle, Nook, Tablets (Mac, PC, Linux), iPads plus being able to help customers of all ages using these devices.

➢ Ability to train/coach users in the use of all technology

➢ High technological aptitude required with familiarity with library makerspace technology and concepts

➢ Experience with Adobe Creative Suite or Microsoft Publisher a plus

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Self-Care

➢ Be kind to yourself

➢ Music

➢ Walk with a friend

➢ Regular, frequent breaks

➢ Drink water through-out the day

➢ Eat right for your body whatever that may be

➢ Learn to make time for yourself

➢ Schedule a meeting with yourself each week to reflect on what went well and where you may need to improve

➢ Exercise including stretching

➢ Find time to be quiet for 10 minutes at least once a day
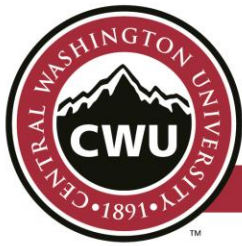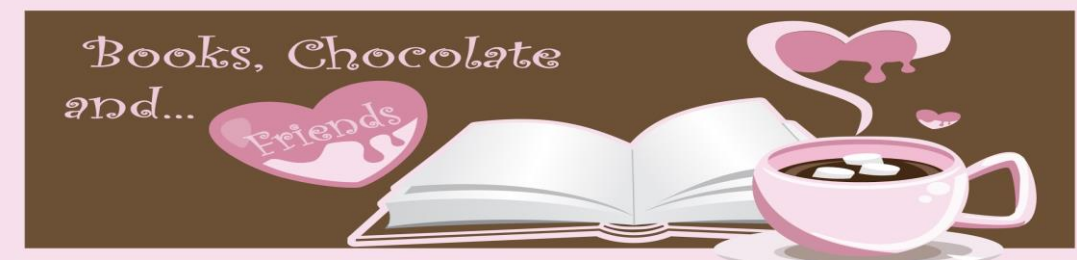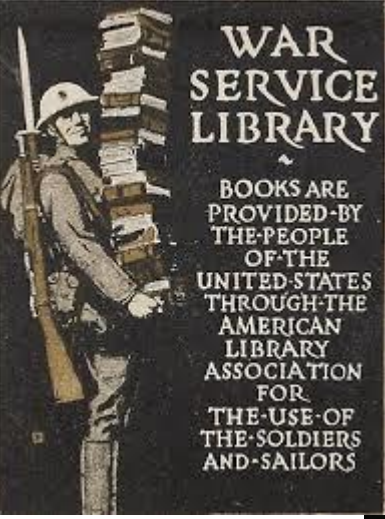
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I proudly am a government documents librarian; a government publications librarian; and a government information librarian who is frequently stressed but not by technology.

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