



جامعة محمد بن راشد
للطب و العلوم الصحية
MOHAMMED BIN RASHID UNIVERSITY
OF MEDICINE AND HEALTH SCIENCES



Thinking Beyond Traditional Library Services by Offering Wellness Services at Al Maktoum Medical Library

Thasleem Harif Rahman

Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, United Arab Emirates

Background

We strive to offer excellent resources and services to support our patrons academic and intellectual pursuits, in addition to that our new Wellness Services aims to support our patron as a whole person.

There are a number of ways academic libraries can support well-being, including developing spaces, services, and collections that help students to develop good emotional, social, physical, and mental health.

The library can be a place that students can visit to calm the mind and refocus in the midst of a busy day. Given our technology-rich lives, there are times when it's healthy to leave the screen behind, sit somewhere comfortable, and enjoy a good book. For libraries, this means creating spaces for relaxing and comfortable reading.

Here at the Al Maktoum Medical Library, you'll find a growing collection of resources designed to enhance and support your overall health and wellbeing.

Our library welcomes everyone, whether it's to study, to rest, or to recharge.

Library Wellness Services

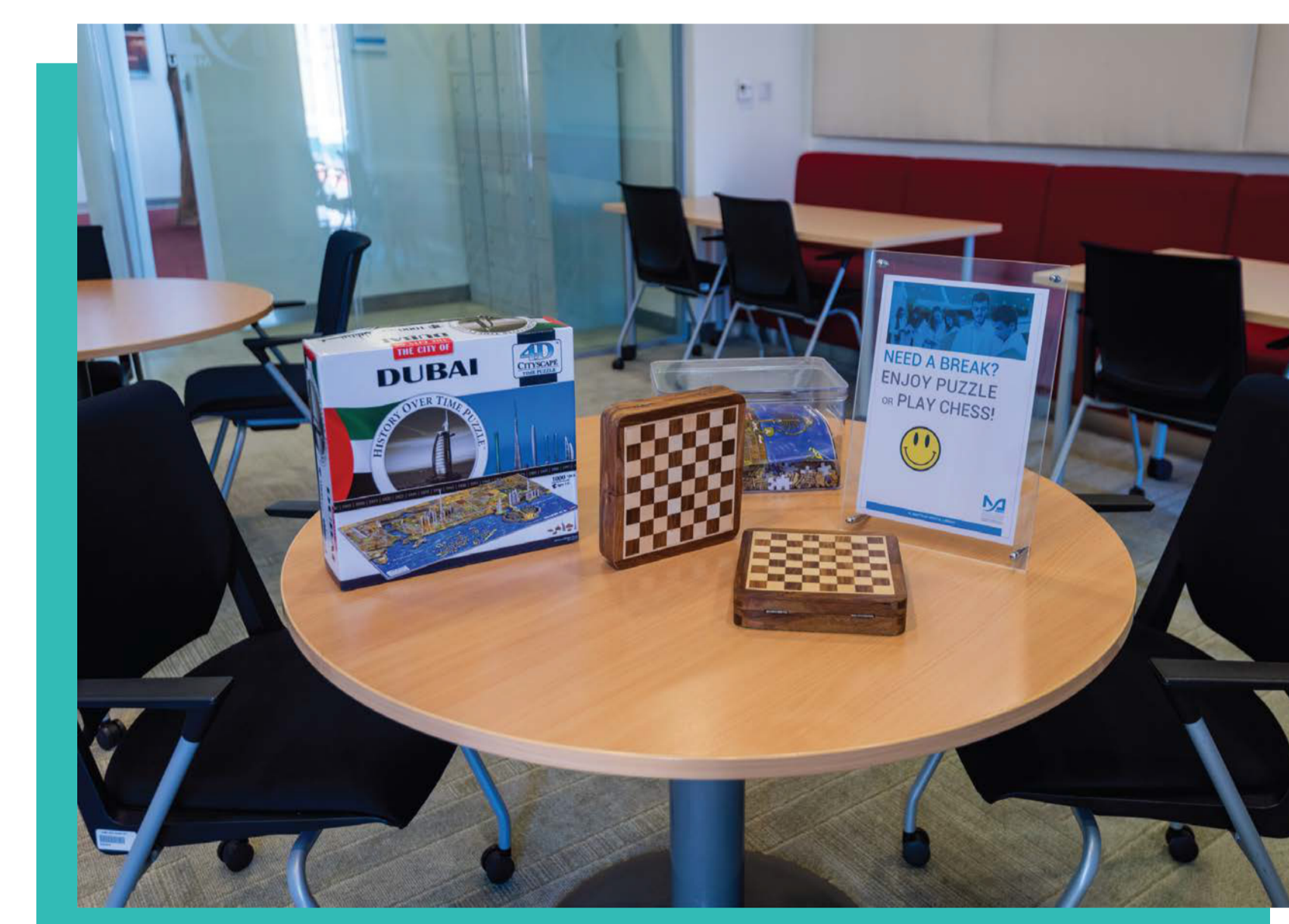


Happiness Corner

Happiness Corner is a dedicated space available at the library's 2nd floor that provides a relaxing and inspiring environment for reading, group discussions & collaborative work with a wide selection of books covering happiness and positivity.

Breakout Lounge

Breakout lounge provides a space for students to relax and take a break. Students can use our breakout lounge to play puzzles, chess games or use coloring pages and supplies to nourish the artist within them. Students are allowed to spread out at the worktables, or cozy up in the armchairs spread around low tables for reading, contemplation, or quiet conversation.



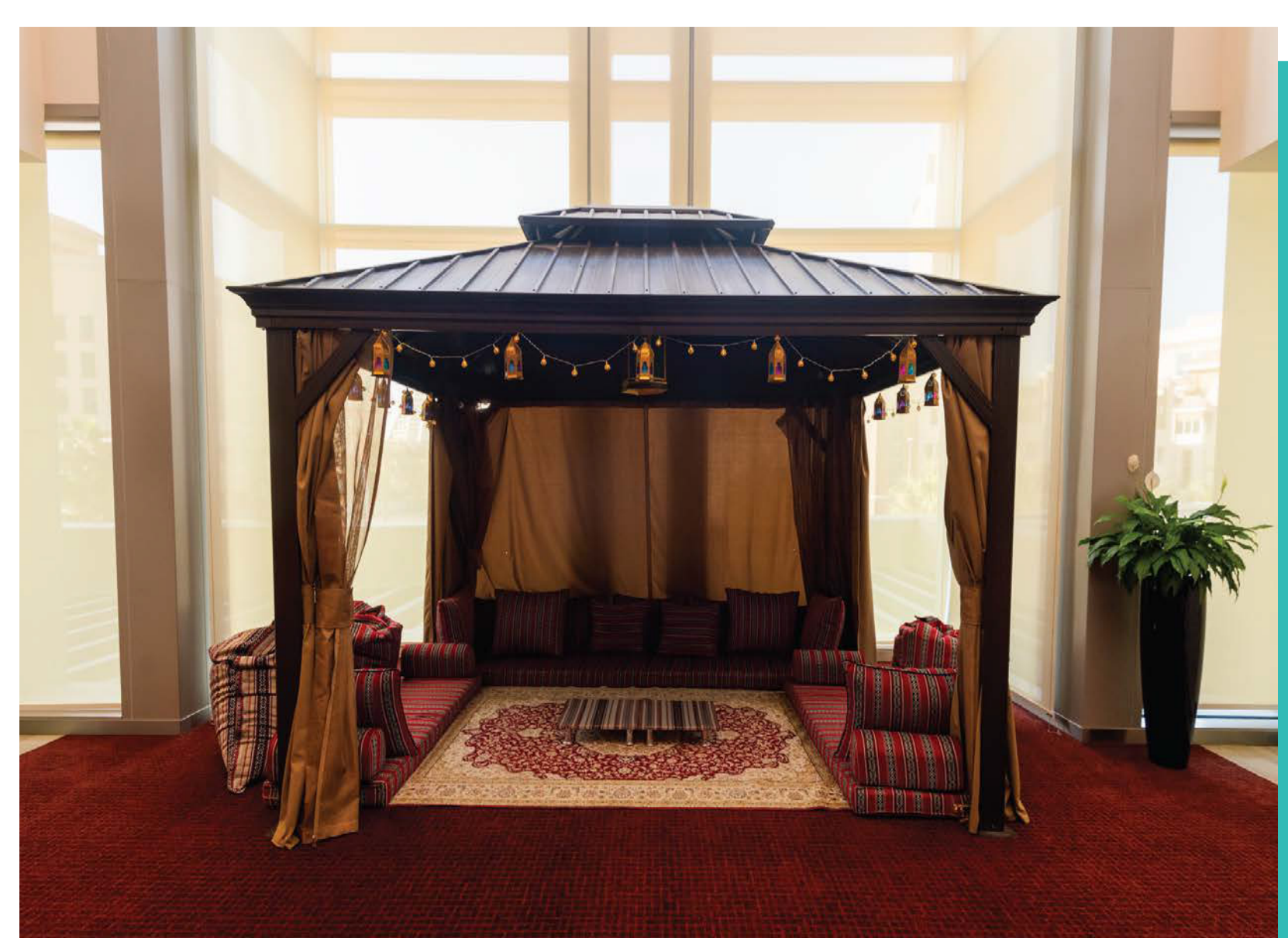
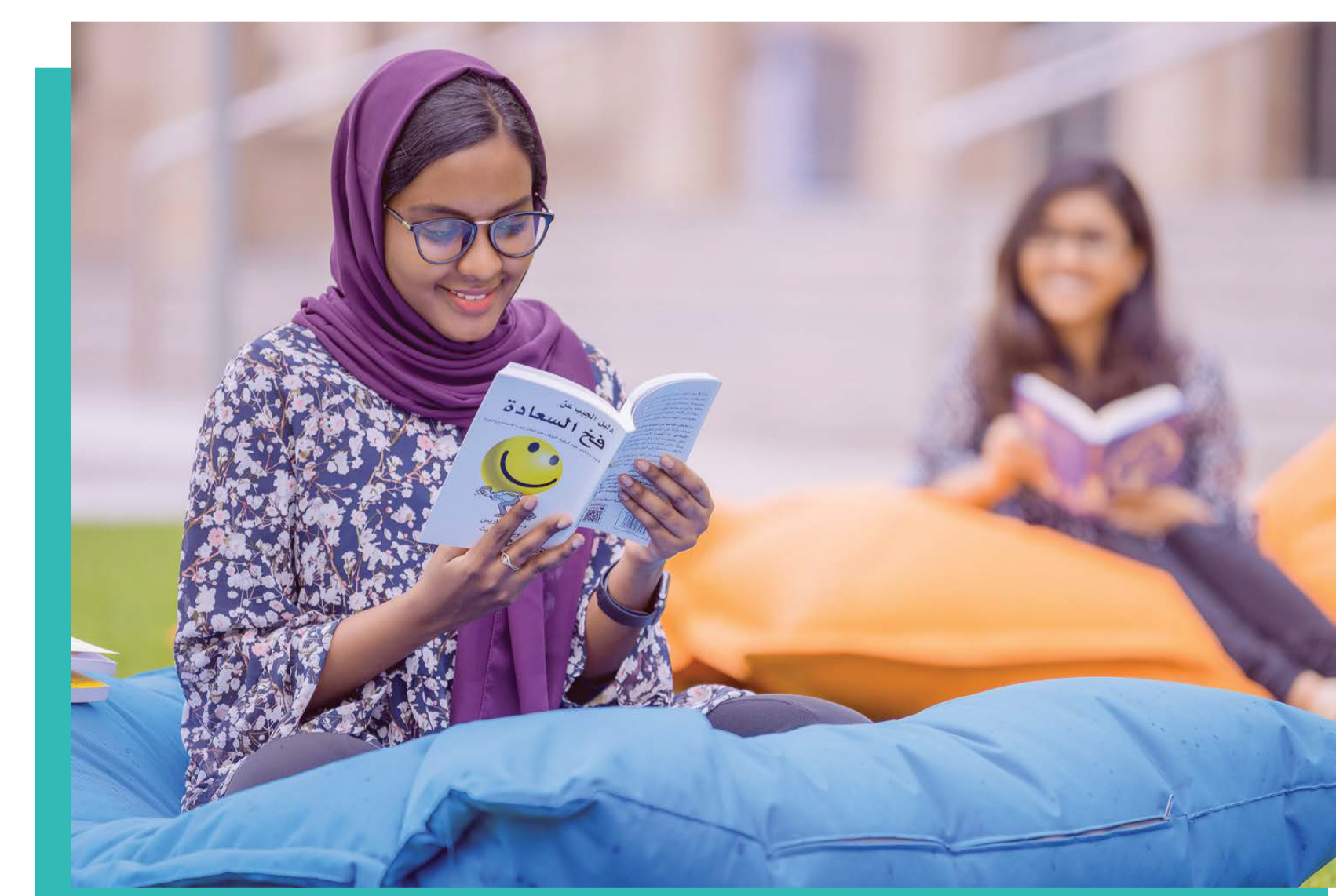
Complimentary Arabic Coffee Cart

Enjoy complimentary Arabic Coffee available from our coffee cart stationed next to the information desk. Don't be surprised to see library team serving Karak Tea and Dates often!.

Armchairs & Bean Bags

Blue armchairs are scattered around the library, typically in front of our happiness corner.

Bean bag chairs are also available in the library's first and second floor. Students can free to move the bean bag chair to a favorite nook and nod off for a few to recharge.



Arabic Tent

A comfortable traditional Arabic tent is available within the library on the first floor in the learning commons. A space for students to take a break, relax and enjoy reading.