



Editor's Note

A Mental Health PSA

By Sharon Verbeten

The pop/country artist Jelly Roll recently popularized a song titled "I Am Not Okay." The backs of T-shirts are read, "To the person behind me reading this, You Matter."

I recently traveled to the "happiest place on Earth" and still remained depressed. It's been a challenging past few months, mired in divisive election emotions and confusion about the impact of the election on libraries.

Some of us have experienced financial difficulties, unsettling library patron interactions, and family challenges on top of that. But whatever the challenge, caring for yourself and your mental health should be at the top of your "to do" list.

For me, traveling to Disney World was supposed to be my getaway from the real world—a panacea of sorts. And while I did manage to have some fun (head cold notwithstanding), my energy and thrill level remained at about 50 percent. I still walked the (very long!) walks to the parks and took pictures with some of my faves (like Mr. Potato Head). But even amid the most spectacular light and fireworks show I've ever seen overhead—complete with synced Disney tunes soundtrack—I remained sad. And I couldn't really say why.



This note is simply a nudge from your favorite (!) editor to take care of yourself first. Seek the help you need. Take more "me" time. And share your concerns with others.

On a very quick shift, one thing that makes me happy and provides a positive future is our upcoming Spring 2025 issue of *CAL*—our first all-digital issue. It's an example of how ALSC is looking out for its members—delivering the same valuable content but via a more sustainable and cost-effective manner.

What's more, it will provide searchability, convenience (no more postal snafus), and easy and readily available portable access. It's an exciting evolution of our beloved publication, not just a change for change's sake.

We hope you'll find the change positive, and you'll find more on our website prior to the issue's launch; we'd love to hear your feedback.

Stay happy. Stay positive. Best wishes as we approach a new year. And don't forget, take care of yourself. &

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