**Mindfulness and Self-Care in Libraries**

Books: Recent Releases and Old Favorites

[*The 360 Librarian: A Framework for Integrating Mindfulness, Emotional Intelligence, and Critical Reflection in the Workplace*](http://www.worldcat.org/oclc/1143501888), by Tammi M. Owens and Carol A. Daul-Elhindi. ACRL, 2019.

[*Biofeedback and Mindfulness in Everyday Life*](https://mainecat.maine.edu/search~S0?/Xbiofeedback+and+mindfulness&SORT=DZ/Xbiofeedback+and+mindfulness&SORT=DZ&extended=0&SUBKEY=biofeedback+and+mindfulness/1%2C12%2C12%2CB/frameset&FF=Xbiofeedback+and+mindfulness&SORT=DZ&1%2C1%2C), by Inna Khazan. W.W. Norton and Company, 2019.

[*Emergent Strategy: Shaping Change, Changing Worlds*](https://mainecat.maine.edu/search~S0?/Xemergent+strategy&SORT=D/Xemergent+strategy&SORT=D&SUBKEY=emergent+strategy/1%2C117%2C117%2CB/frameset&FF=Xemergent+strategy&SORT=D&1%2C1%2C), by Adrienne Maree Brown. AK Press, 2017.

[*Mayo Clinic Guide to Self-Care*](https://mainecat.maine.edu/search~S0?/Xmayo+clinic+guide+to+self+care&SORT=DZ/Xmayo+clinic+guide+to+self+care&SORT=DZ&extended=0&SUBKEY=mayo+clinic+guide+to+self+care/1%2C5%2C5%2CB/frameset&FF=Xmayo+clinic+guide+to+self+care&SORT=DZ&1%2C1%2C). Mayo Clinic, 2017.

[*The More or Less Definitive Guide to Self-Care*](https://mainecat.maine.edu/search~S0?/Xmore+or+less+definitive+guide+to+self+care&SORT=DZ/Xmore+or+less+definitive+guide+to+self+care&SORT=DZ&extended=0&SUBKEY=more+or+less+definitive+guide+to+self+care/1%2C14%2C14%2CB/frameset&FF=Xmore+or+less+definitive+guide+to+self+care&SORT=DZ&1%2C1%2C), by Anna Borges. The Experiment, 2019.

[*Recipes for Mindfulness in Your Library: Supporting Resilience and Community Engagement*](https://mainecat.maine.edu/search~S0?/Xrecipes+for+mindfulness+in+your+library&SORT=DZ/Xrecipes+for+mindfulness+in+your+library&SORT=DZ&extended=0&SUBKEY=recipes+for+mindfulness+in+your+library/1%2C2%2C2%2CB/frameset&FF=Xrecipes+for+mindfulness+in+your+library&SORT=DZ&1%2C1%2C), edited by Madeleine Charney, Jenny Colvin, and Richard Moniz. ALA editions, 2019.

[*The Science of Mindfulness: A Research-Based Path to Well-Being*](https://mainecat.maine.edu/search~S0?/Xthe+science+of+mindfulness&SORT=DZ/Xthe+science+of+mindfulness&SORT=DZ&extended=0&SUBKEY=the+science+of+mindfulness/1%2C166%2C166%2CB/frameset&FF=Xthe+science+of+mindfulness&SORT=DZ&3%2C3%2C), by Ronald D. Siegel. Great Courses, 2014.

[*Think Like a Monk: Train Your Mind for Peace and Purpose*](https://thinklikeamonkbook.com/), by Jay Shetty. Simon & Schuster, 2020.

[*Touching Peace: Practicing the Art of Mindful Living*](https://mainecat.maine.edu/search~S0?/Xtouching+peace&SORT=DZ/Xtouching+peace&SORT=DZ&extended=0&SUBKEY=touching+peace/1%2C389%2C389%2CB/frameset&FF=Xtouching+peace&SORT=DZ&1%2C1%2C), by Thích Nhá̂t Hạnh. Parallax Press, 2005.

[*The Mindful Librarian*](http://www.worldcat.org/oclc/945765260), by Richard Moniz et al. Chandos Publishing, 2016.

[*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*](https://mainecat.maine.edu/search~S0?/Xwherever+you+go+there+you+are&SORT=DZ/Xwherever+you+go+there+you+are&SORT=DZ&extended=0&SUBKEY=wherever+you+go+there+you+are/1%2C42%2C42%2CB/frameset&FF=Xwherever+you+go+there+you+are&SORT=DZ&2%2C2%2C), by Jon Kabat-Zinn. Hyperion, 1995.

Web Resources

[Meditation in Depth](https://www.nccih.nih.gov/health/meditation-in-depth) – Information from the National Center for Complementary and Integrative Health about the science of meditation, as well as a video about mindfulness with Dr. Amishi Jha from the University of Miami

[Public Libraries Respond to COVID-19: Managing Stress and Anxiety](http://www.ala.org/pla/education/onlinelearning/webinars/covid-19/managing-stress) – Webinar presented on April 9, 2020 by PLA

[Simple Habit](https://www.simplehabit.com/) – Five-minute meditations and meditation programs.

[Shine: Care For Your Coronavirus Anxiety](https://www.virusanxiety.com/) - Resources for anxiety and mental health in a climate of uncertainty.

Articles

[Hitting the Brakes on the Fast Track to Burnout](https://link.gale.com/apps/doc/A611824678/ITOF?u=maine&sid=ITOF&xid=b9a4c0dc) – *Public Libraries*, v.58.6, November-December 2019. Librarians tell their stories about how they experienced and managed burnout.

[Mindfulness in Times of Extreme Stress](http://publiclibrariesonline.org/2020/04/mindfulness-in-times-of-extreme-stress/) – Article from Public Libraries Online with links to audio meditations.

## Portland Public Library staff favorites for guided meditation, positive affirmations, and more:

**Positive Affirmations**

* [Begin with Yes](https://instagram.com/begin.with.yes?igshid=7hvt8f0hzw7x)
* [Positively Present](https://instagram.com/positivelypresent?igshid=8u4ab28ndjuy)

**Guided Meditation**

* [Box Breathing](https://youtu.be/Cn4v41CvVjU)
* [Meditation Oasis](https://static1.squarespace.com/static/561fe6c6e4b0b8c55edc9146/t/5669ba63d8af10228340a3e3/1449769571576/5M-2.mp3/original/5M-2.mp3)
* [Mindful: Free Audio Resources for Mindfulness](https://www.mindful.org/audio-resources-for-mindfulness-meditation/)
* [Wildmind Meditation](https://youtu.be/dJWTJt--FTI)

**Podcasts and Apps**

* [Sleep With Me podcast](https://www.sleepwithmepodcast.com/)
* [Calm](https://www.calm.com/) – An app featuring soothing nature sounds.
* [Liberate Meditation](https://liberatemeditation.com/) – An app by and for people who are BIPOC (Black, Indigenous, and people of color).
* [Insight Timer](https://insighttimer.com/) – An app with a large library of guided meditations

# Staying Calm in Turbulent Times

COVID-19 has changed our normal routines. You may be feeling lonely, anxious, and exhausted. Here are some resources to help manage stress and uncertainty.

## Community Resources

If you or someone you know is in crisis, there is help:

**General Crisis Help**

Cumberland County Crisis: 207-774-4357 | [chat](https://m2.icarol.com/ConsumerRegistration.aspx?org=90704&amp;pid=399&amp;cc=en-US&pid=399)  
Crisis Text Line: Text HOME to 741741  
Maine Mental Health Crisis Hotline: 1-888-568-1112

**Sexual Assault and Domestic Violence**

Through These Doors Hotline: 1-800-537-6066  
Maine Sexual Assault Helpline: 1-800-871-7741 | [chat](https://www.resourceconnect.com/casl/chat)  
National Human Trafficking Hotline: 1-888-373-7888 | text 233733 | [chat](https://humantraffickinghotline.org/chat)  
RAINN: 800-656-4673 | [chat](https://hotline.rainn.org/online)

**LGBTQ+**

Trans Lifeline | 1-877-565-8860  
The Trevor Project | 1-866-488-7386 | text START to 678678 | [chat](https://www.thetrevorproject.org/get-help-now/)

## For Kids and Teens

[Casco Bay CAN](http://www.cascobaycan.org/covid-19-support/): Resources for kids, teens, and families to help manage stress and have fun at home.

[PBS](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus): How to talk to your kids about coronavirus

[PPL Children’s Resources](https://www.portlandlibrary.com/highlight/ppl-highlighted-childrens-eresources/): Provides helpful kid-friendly resources for having tough discussions about mental health, illness, and grief.

## Finding Comfort At Home

## There is no shame in distraction. Use library staff resource lists to:

* [Stay gently active](https://www.portlandlibrary.com/highlight/free-exercise-for-all/)
* [Read a good book](https://www.portlandlibrary.com/highlight/books-books-books/)
* [Start a journal](https://www.portlandlibrary.com/highlight/journaling-now-and-forward/)
* [Learn a new hobby](https://www.portlandlibrary.com/highlight/make-learn-fix/)
* [And more!](https://www.portlandlibrary.com/highlight/ppl-highlighted-adult-eresources/)

**Meditations:**

Mindful Breathing  - 3 min

[https://youtu.be/SEfs5TJZ6Nk](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FSEfs5TJZ6Nk&data=02%7C01%7Cdeborah.clark%40maine.gov%7Cdc4ca349ebbb4d2f3ba508d8034d3beb%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C637262977547169094&sdata=mI%2B8XfvvZ8c%2BYXc6fbIjYGGD8LH47d%2BSi2AXEb9M%2B4M%3D&reserved=0)

Guided Meditation  for Gratitude - 5 min

[https://youtu.be/OCorElLKFQE](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FOCorElLKFQE&data=02%7C01%7Cdeborah.clark%40maine.gov%7Cdc4ca349ebbb4d2f3ba508d8034d3beb%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C637262977547169094&sdata=gdzmTOUf9IYGl1pLY1F6Fe6TY%2BHEdGKentGg7eafHGw%3D&reserved=0)

Mindfulness and Meditation - 7 min

[https://youtu.be/T0Tv7FuvNJ8](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FT0Tv7FuvNJ8&data=02%7C01%7Cdeborah.clark%40maine.gov%7Cdc4ca349ebbb4d2f3ba508d8034d3beb%7C413fa8ab207d4b629bcdea1a8f2f864e%7C0%7C0%7C637262977547179086&sdata=xtdvGc0zf6epHHoC%2BBxGBQGreaWDwi1Kk58zyeCieZU%3D&reserved=0)

### [A Woman’s Journey: Insights That Matter](https://overcast.fm/itunes1452272874/a-woman-s-journey-insights-that-matter)

## Self-Care During COVID-19 | Mindfulness & Meditation

<https://overcast.fm/+QrnCpogHY/50:38>

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May 2020