Mindfulness and Self-Care in Libraries

Books: Recent Releases and Old Favorites


Web Resources

_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_ – Webinar presented on April 9, 2020 by PLA
_Simple Habit_ – Five-minute meditations and meditation programs.
_Shine: Care For Your Coronavirus Anxiety_ - Resources for anxiety and mental health in a climate of uncertainty.

Articles

_Hitting the Brakes on the Fast Track to Burnout_ – _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_ – 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_
- _Positively Present_

Guided Meditation
- _Box Breathing_
- _Meditation Oasis_
- _Mindful: Free Audio Resources for Mindfulness_
- _Wildmind Meditation_

Podcasts and Apps
- _Sleep With Me podcast_
- _Calm_ – An app featuring soothing nature sounds.
- _Liberate Meditation_ – An app by and for people who are BIPOC (Black, Indigenous, and people of color).
- _Insight Timer_ – 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
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
National Human Trafficking Hotline: 1-888-373-7888 | text 233733 | chat
RAINN: 800-656-4673 | chat

LGBTQ+
Trans Lifeline | 1-877-565-8860
The Trevor Project | 1-866-488-7386 | text START to 678678 | chat

For Kids and Teens

Casco Bay CAN: Resources for kids, teens, and families to help manage stress and have fun at home.
PBS: How to talk to your kids about coronavirus
PPL Children’s Resources: 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
- Read a good book
- Start a journal
- Learn a new hobby
- And more!

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