SELF-CARE RESOURCES
FOR STRESS RELIEF OR JUST PLAIN FUN WHEN YOU NEED IT

APPS

PACIFICA
Meditation app to help analyze your stress and achieve calm.

RAIN SOUNDS
White noise audio app with rain sounds to help meditate.

SITES

BRAINY QUOTE - QUOTE OF THE DAY
Inspirational quotes for every day of the year.

HUBBLE TELESCOPE IMAGES
Stunning satellite images to help ground you.

LITERATURE MAP
An AI project that'll help you discover author read-alikes!

POSITIVE PSYCHOLOGY - GRATITUE EXCERCISES
Exercises to help you focus on the wonderful things in life.

RAINY MOOD
White noise site with soothing sounds to calm your mind.

CENTER FOR DISEASE CONTROL RESOURCES
Hotlines & info for coping with stress during the pandemic.

LIBRARIAN PROBLEMS
Meme GIFs that fully capture what it means to be a librarian.

PIXEL THOUGHTS
Put a stressful thought in a star and watch it fade away!

PURRLI
This internet cat provides the soothing sound of a cat's purr.

RECOMMEND ME A BOOK
Read the first page of a book without any other info!

VIDEOS

ANIMALS ON YOUTUBE
Try starting with...
- Cincinnati Zoo
- Cleveland Metroparks Zoo
- Columbus Zoo
- Funny Cats - Cutest & Funniest Cats Compilation 2020
- Toledo Zoo

EARTHCAM
Transport your mind to live web cams around the world.

TED TALKS
Insightful talks on a variety of topics by thinkers and doers.

WEBTOONS

TAPAS
Try starting with...
- Cassandra Comics (Slice of Life)
- Fangs (Romance, Comedy)
- Pink Reaper
  (Comedy, Drama, Slice of Life)

WEBTOON
Try starting with...
- Lore Olympus (Romance)
- Safely Endangered (Comedy)
- Saphie: The One-Eyed Cat
  (Slice of Life)