

# 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 - GRATITUDE EXERCISES

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 provide 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)