

Guided Meditations

- 🌸 Kornfield, Jack. *Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom*. [Audio CD] ©2007
- 🌸 Kornfield, Jack. "Meditations." [readings and videos] <https://jackkornfield.com/meditations/>
- 🌸 Sounds True Publishing. Multiple Titles. [CDs, e-audio, online courses] (Check for freebies at soundstrue.com and some titles are available from Hoopla)

Music & Sound

- 🌸 Arkenstone, David. *Ambient World*. ©2011 and *The Healing Spa: Music for Rejuvenation*. ©2012
- 🌸 Bager, Kenneth. *Music for Mindfulness*, Volumes 1-4. [various artists] ©2017-2020 (Available on Freegal)
- 🌸 EntspanntSEIN. Multiple Titles. [meditation and yoga music albums] (Available on Freegal and YouTube)
- 🌸 Halpern, Steven. Multiple Titles. [sound healing] (Available on Freegal and YouTube)
- 🌸 Spotify Web Player. *Sound Bath by Kanako*. [online playlist] (Available at <https://open.spotify.com/playlist/1yLvJJuNHluNkUyv7lc4N3>)

*"When we become kinder to ourselves,
we can become kinder to the world."*

🌸 Haemin Sunim 🌸

Mental Maintenance

Mindfulness and self-care
for the overwhelmed, impatient,
fastidious, and quick-tempered.

WORKS CITED AND OTHER USEFUL RESOURCES

2020 ARSL CONFERENCE
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Books & Audiobooks

- 🌸 Chaskalson, Michael and Megan Reitz. *Mind Time: How Ten Mindful Minutes Can Enhance Your Work, Health and Happiness*. ©2018
- 🌸 Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. (Revised) (10th ed.) ©2005 (Audiobook available from Hoopla)
- 🌸 McGonigal, Kelly. *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*. ©2011 (Available as an audiobook)
- 🌸 McKenzie, Stephen. *Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!* ©2014 (e-book and audiobook available from Hoopla)
- 🌸 Michie, David. *Hurry Up and Meditate: Your Starter Kit for Inner Peace and Better Health*. ©2008 (Available as an audiobook)
- 🌸 Michie, David. *Buddhism for Busy People: Finding Happiness in a Hurried World*. ©2017 (Available as an audiobook)
- 🌸 Nathwani, Ravi and Kate Vogt. *Mala of the Heart: 108 Sacred Poems*. ©2015 (e-book available from Hoopla)
- 🌸 Nhat Hahn, Thich. *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*. ©1987 (Audiobook available from Hoopla)
- 🌸 Shah, Rani. *Wisdom from a Humble Jellyfish: And Other Self-Care Rituals from Nature*. ©2020 (Available as an audiobook)
- 🌸 Sunim, Haemin. *The Things You Can See Only When You Slow Down: How to Be Calm in a Busy World*. ©2017 (Available as an audiobook)
- 🌸 Williams, Mark and Danny Penman. *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*. ©2012 (Available as an audiobook; CD audiobook version includes disc of guided meditations)

Online Resources

- 🌸 American Psychological Association. “Taking Care of You.” <https://www.apa.org/pi/about/publications/caregivers/consumers/taking-care-you>
- 🌸 Mahrer, Britt. “Why You Struggle with Self-Care.” NAMI (National Alliance on Mental Illness) <https://www.nami.org/Blogs/NAMI-Blog/December-2019/Why-You-Struggle-with-Self-Care>
- 🌸 Mental Health Match. “Self-Care Archives.” [articles] <https://mentalhealthmatch.com/articles/category/self-care> (also available as print subscription)
- 🌸 *Mindful: Healthy Mind, Healthy Life*. [online magazine] <https://www.mindful.org/>
- 🌸 New York Times. “Self-Care: A Working Definition.” <https://www.nytimes.com/interactive/2018/08/11/style/how-i-self-care.html>
- 🌸 Plum Village. “The Art of Mindful Living” [overview article and audio recording explanations by Thich Nhat Hanh] <https://plumvillage.org/mindfulness-practice/>
- 🌸 Saakvitne, Pearlman & Staff of TSI/CAAP. “Self-Care Assessment Worksheet.” *Transforming the Pain: A Workbook on Vicarious Traumatization* ©1996 <https://www.ncsddc.org/wp-content/uploads/2020/09/Self-Care-Assessment.pdf> (Reworked as the “Self-Care Wheel.” Available at <https://www.buckner.org/files/uploads/SelfCare-wheel.pdf>)
- 🌸 For daily inspirations and alerts for new content [videos, articles, etc.] follow your favorite Author on Facebook, Instagram and Twitter.

“The future is being made out of the present,
so the best way to take care of the future
is to take care of the present moment.”

🌸 Thich Nhat Hanh 🌸