





Mindfulness

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

You may find the following links helpful if you're interested in developing a more mindful lifestyle.

[Daily Calm Live Stream](#) - Access to the daily calm meditations, Monday through Friday; in addition, access to a free resource page with additional meditations on various topics

[Yoga with Adriene](#) - Yoga sessions for all levels of expertise

[Declutter the Mind](#) - How to use and start a mindfulness journal

[Very Well Mind](#) - Recommendations and a guide to meditation podcasts

[6 Mindfulness Resources to Help You Adapt to the "New Normal"](#) - LinkedIn offers 6 free courses on managing the stress of everyday routines during this crisis

[Plum Village Live Events and Streams](#) - Plum Village, founded by Thich Nhat Hanh, offers daily free meditations from the Plum Village center. Most meditations are in

English.

[Tara Brach Talks: Audio & Video](#) - Tara Brach, a meditation instructor, offers podcasts and videos on a variety of topics

[21 Days of Meditation](#)

[Pocket Mindfulness](#) - A beginner's guide to mindfulness.

[Mindful](#) - An extensive introduction to what mindfulness is, various meditations, and helpful audio guidance

[The Free Mindfulness Project](#) - A collection of downloadable guided meditations in a variety of styles

[Left Brain Buddha](#) - Tips and ways to engage teens with mindfulness and help them cope with stress

[The Harvard Gazette](#) - An article detailing the science behind mindfulness and meditation and its affects, specifically focusing on depression

We open Gateways for Exploration



To better serve families as they shelter-in-place due to the COVID-19 pandemic, we are purchasing more resources for our Digital Library, which is available 24/7.

During this unprecedented time, some publishers have dropped the price of eBooks to \$25 - \$60 per book. eAudiobooks range from \$60- \$90 per book and eMagazines subscriptions range from \$40 - \$2,000/year.

Please consider donating any amount so that we can continue to connect people to resources for learning and entertainment during this challenging time. Thank you!

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