
Notes from the Health Sciences Library - May 5

1 message

Mary Cabral <mcabral@clarkson.edu>
To: Mary Cabral <mcabral@clarkson.edu>

Wed, May 5, 2021 at 8:12 AM



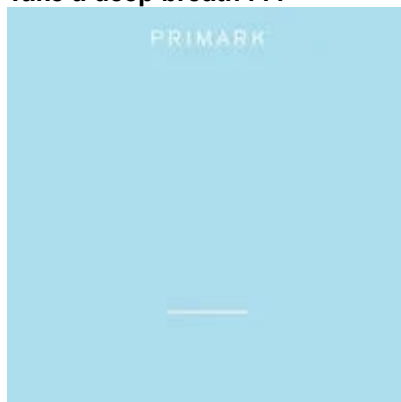
Focus on . . . staying sane!

I'm keeping it short this week as everyone is in the midst of (or has recently emerged from) finishing papers, taking exams, grading, launching a new clinical appointment, participating in 1,001 Zoom meetings, attending to an ever-growing To-Do list (ok, that's me), and juggling a year of the pandemic and all it brought to our daily lives and the learning environment!

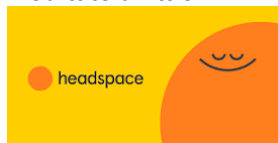


So it's time to mellow out a bit

Take a deep breath . . .



Meditate a little...



[NY state of mind](#) on Headspace offers a handful of free short guided exercises to help you stress less.

Stretch....



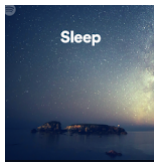
Yoga with Adriene is a popular Youtube channel that offers an extensive library of videos appealing to a variety of levels of practice, moods, interests, and times.

Get out from behind the computer screen . . .

- There are lots of trails of all kinds to explore nearby and just a little further out of town in the Adirondacks. Search [AllTrails](#) or [STLC Trails](#) (St. Lawrence County).
- Check out a kayak or canoe from the [Clarkson Outing Club](#) and see what Potsdam looks like from the Raquette River!
The Clarkson boathouse is on the nearby Munter trail.
- Find a guided adventure through [Nature Up North](#) or the Laurentian chapter of the [Adirondack Mountain Club](#).

Get some sleep . . .

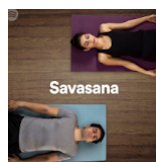
Spotify has some great sounds to help lull you into slumberland. You don't need a paid subscription to listen to these (but it might ask you to create an account).



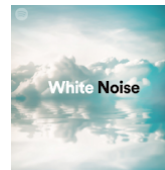
Sleep



Ocean Waves



Savasana



White Noise

Tip: use a [sleep-timer app](#) on your phone if you don't want these to play all night.

Read [Weekly Notes](#) from previous dates

Mary Cabral, MLS

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Want to meet with me? [Check my calendar](#) to set up a Zoom meeting.