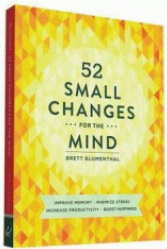


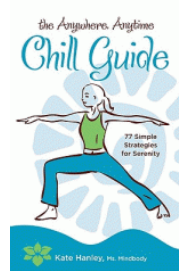
April is Stress Awareness Month (2023)

April is National Stress Awareness Month to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health. (Source: NIH) These books and resources are a great start to understanding and managing your stress.

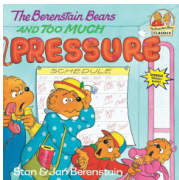
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52 small changes for the mind
Brett Blumenthal.

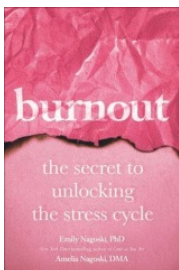


The anywhere, anytime chill guide
Kate Hanley.

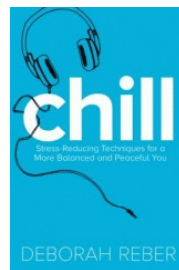


The Berenstain bears and too much pressure
Stan & Jan Berenstain.

The Body Keeps Score - Libby (Audiobook)
<https://cldl.overdrive.com/cldl-parkland/content/media/B2523151-1801-422D-8FD4-F97B6F1FB42F>



Burnout
Emily Nagoski, Ph.D, and Amelia Nagoski, DMA.



Chill
Deborah Reber ; illustrated by Neryl Walker.

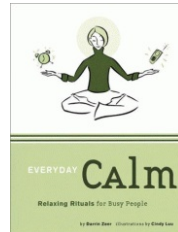
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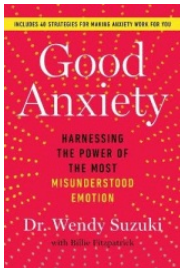
Coping with Stress - Libby (eBook)

<https://cldl.overdrive.com/cldl-parkland/content/media/4895485>



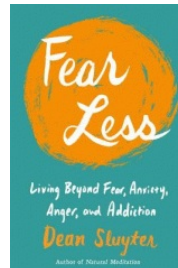
Everyday calm

by Darrin Zeer ; illustrations by Cindy Luu.



Good anxiety

Wendy Suzuki, PhD, with Billie Fitzpatrick.



Fear less

Dean Sluyter.