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Groups, websites and apps mentioned in the presentation

Facebook groups

Library Employee Support Network

Renewers: Recovering from Low Morale in American Libraries

Mindfulness for Librarians

Websites

Ask A Manager: [www.askamanager.org](http://www.askamanager.org)

American Stress Institute Workplace Stress Survey: <https://www.stress.org/wp-content/uploads/2011/08/Workplace-Stress-Survey.pdf>

Apps

Downward Dog

Insight Timer

Calm

Relax Melodies

Plum Village

Splendo

Map My Walk

Stop, Think, and Breathe