



Read@Work

# Well-Being Resource List

“ *Reading gives us someplace to go when we have to stay where we are.* ”  
- Mason Cooley

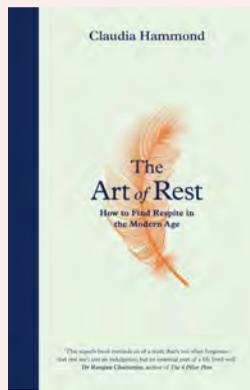
## We are living in exceptional times.

*Read-lax.* In this special edition of the Read@Work e-newsletter, we have compiled a list of e-books, articles and videos to tide you through this circuit breaker period. We hope these resources will offer some reprieve from the news, and provide you with tips to stay sane in this seemingly crazy world.

## The Art of Rest

by Claudia Hammond  
Call no.: English 158 HAM

Edinburgh: Canongate, 2019

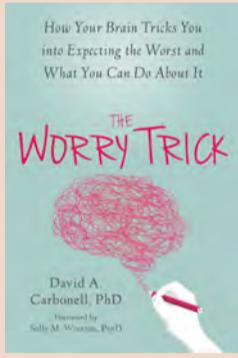


Take a break from the busyness that characterises our lives and learn the art of rest. Drawing from ‘The Rest Test’ - the largest global survey on rest, explore the top ten activities that people find most restful and learn how you integrate these techniques into your life.

Borrow the e-book [here](#).

## The Worry Trick

by David A Carbonell  
Call no.: English 152.46 CAR



Oakland, CA: New Harbinger Publications, Inc., 2016.

With an ongoing global pandemic in the works, it is inevitable that we are all experiencing heightened levels of anxiety. Fear not! Read this book to pick up techniques on curbing those anxious thoughts.

Borrow the e-book [here](#).

## A Sloth's Guide to Mindfulness

by Ton Mak  
Call no.: English 158.12 MAK



San Francisco: Chronicle Books, 2018.

Packed with cute illustrations, learn about mindfulness through the animal that encapsulates it best – the sloth!

Borrow the e-book [here](#).

## I Spent a Year in Space, and I Have Tips on Isolation to Share

by Chelsea Gohd



Cooped up at home? Among all professions, we think the astronauts would know best what isolation entails, and how to cope with it.

Read the article [here](#).

## WATCH THIS!

### How to Make Stress Your Friend by Kelly McGonigal

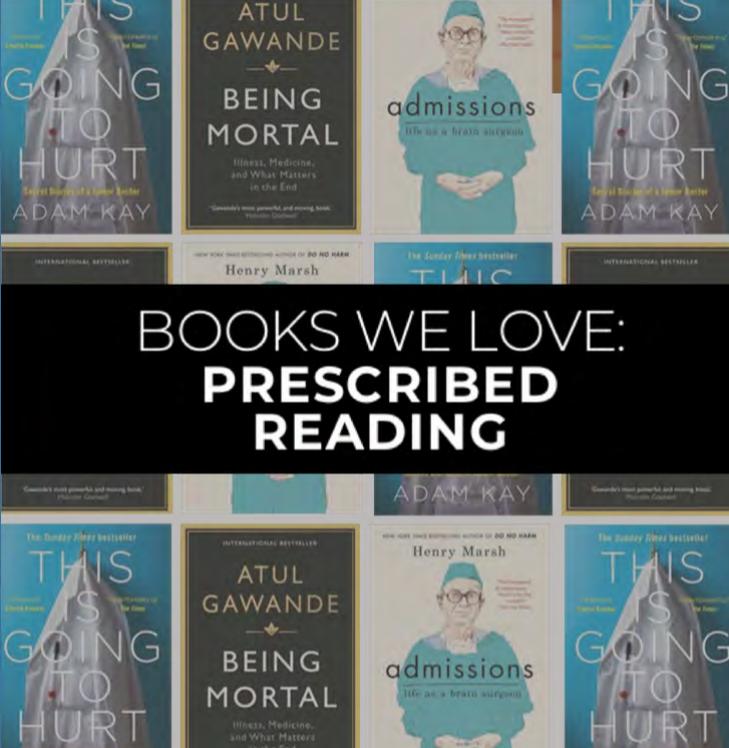


## THE HIT LIST

Here are some doctor-recommended books that we've enjoyed recently. From the secret diaries of a junior doctor (*This Is Going To Hurt*) to the reflections of a seasoned neurosurgeon (*Admissions*) and a practising surgeon (*Being Mortal*), get a glimpse into the exhilarating highs and devastating lows that define the working lives of doctors today.

Borrow the e-books [here](#).

## BOOKS WE LOVE: PRESCRIBED READING



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