



**Read@Work**

Your Reading Supplement for Work and More

## Rethink Self-Care.



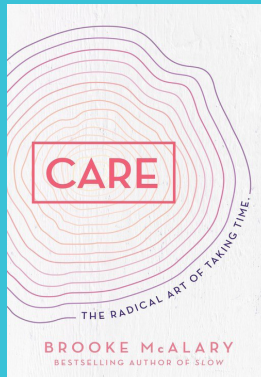
"Sometimes I give myself a break. I will retreat a moment from the fray, just to breathe."

- Michelle Obama

## CURATED READS

### Shelf-Care

The current focus on mental wellness has led to a rethinking of what has been traditionally viewed as a "self-indulgent" and "selfish" act. Instead, self-care is now seen as an increasingly important strategy in building resilience towards the stressors in life. Not sure where to start? Here are some resources from our special *shelf-care* issue to get you started.



### Care: The Radical Art of Taking Time

by Brooke McAlary  
Call no.: 158.1 MAC

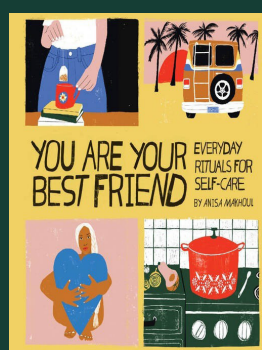
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Sydney, N.S.W.: Allen & Unwin, 2021.

Debunking the notion that self-care is selfish, this book demonstrates that small, personal acts of care matter and can create large ripple effects. A timely pandemic era book, *Care* invites you to slow down and rediscover a new approach to living well.

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

### You Are Your Best Friend

by Anisa Makhoul  
eBook only



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Chronicle Books LLC, 2021.

In a rush for time and in need of a quick read? This beautifully illustrated book offers a fun and simple approach to creating self-care rituals in everyday life.

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

### The More or Less Definitive Guide to Self-Care

by Anna Borges  
Call no.: 613 BOR -[HEA]



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New York: The Experiment, 2019.

What exactly is self-care? How do you discover what works for you? Featuring tips, activities, and stories, this book is an A-Z listing of different self-care strategies to get you started in building your self-care toolkit.

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

### Creating a Culture of Self-Care in the Workplace

Calm  
Article



Is self-care just an after-work hours activity, or can it be integrated as a regular part of your everyday routine? This article calls for a normalisation of self-care at the workplace (as it should be!) and provides useful tips to get you started.

Read more [here](#).

showing up for yourself.



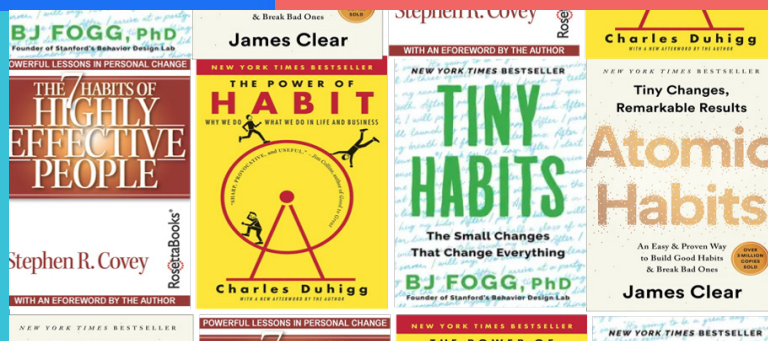
## WATCH THIS!

### Small Ways to Practice Self-Care in Difficult Times | Headspace

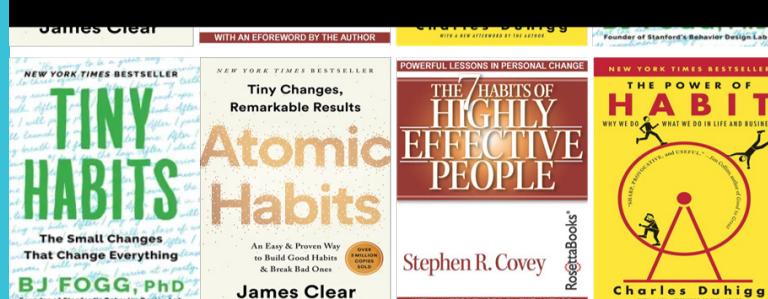
## THE HIT LIST

Practicing daily self-care requires us to build new habits and routines. From gathering ideas on *what* sort of good habits to build, to understanding *why* we do *what* we do, this collection presents the best ideas from the field of habit-building for you to hit the "reset and revitalise" button every day.

Borrow the e-books [here](#).  
(The Hit List collection)



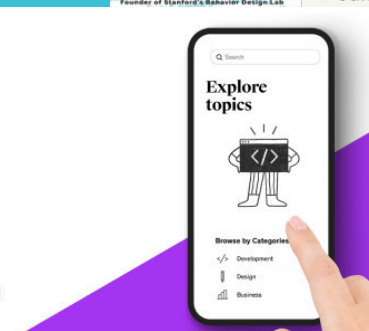
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