



Read@Work

Your Reading Supplement for Work and More

**“IT IS NOT STRESS THAT KILLS US,
IT IS OUR REACTION TO IT.”**

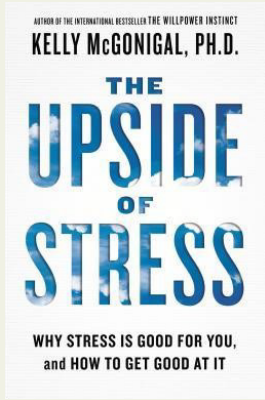
- HANS SELYE



CURATED READS

Too Blessed to Be Stressed?

Feeling frazzled and overwhelmed seem to be a given for most people these days, and the most commonly cited stressor comes from work. Unfortunately, stress is an unavoidable reality of work (and life). How then can you reframe your relationship with stress in a way that works for you instead of...stressing you out further? Here are some resources to get you started.



The Upside of Stress: Why Stress is Good For You, and How to Get Good at It

by Kelly McGonigal
Call no.: English 155.9042 MAC -[HEA]

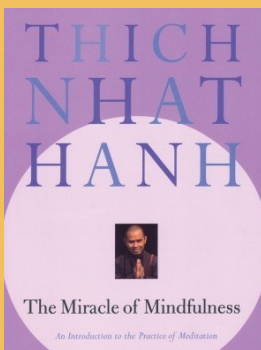
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a member of Penguin Random House, 2015.

It is impossible to eliminate stress from our lives, but we can learn to manage and even take advantage of it. Based on Kelly McGonigal's TED talk, which has since garnered over 7 million views, learn how you can reframe your relationship with stress in a way that benefits you.

Borrow the book [here](#).

The Miracle of Mindfulness

by Thich Nhat Hanh
Call no.: English 294.34435 NHA



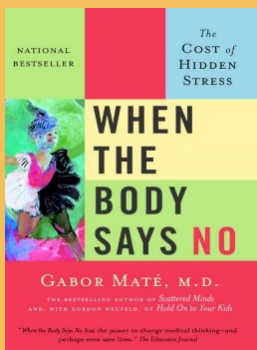
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Beacon Press, 2016.

Mindfulness is a simple yet effective skill to reduce stress. This book provides practical and easy-to-follow mindfulness techniques to get you started.

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

When The Body Says No: The Cost of Hidden Stress

by Gabor Maté
Call no.: English 616.08 MAT - [HEA]



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Vermilion, 2019.

Learn how emotion and psychological stress play a role in the onset of chronic illnesses, and how you can better manage your both your mental and physical health.

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

5 Signs You're a Work Martyr Who Is Sacrificing Yourself for the Job

Huffpost
Article (5 min read)



Are you a work martyr who takes pride in being constantly busy? This article lists 5 habits of a work martyr and explains how these habits can be detrimental to you.

Read more [here](#).



WATCH THIS!

**How to Keep Calm
Under Pressure |
3 Quick Tips | BBC Ideas**

THE HIT LIST

Here are some swoon-worthy, heart-racing romantic reads that we love! Whether it is set against the backdrop of the American Civil War and Reconstruction (*Gone with the Wind*), or in post-World War II America (*The Notebook*), or even in this millennium (*Normal People*), you're bound to fall in love with these literary love stories!

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



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