

## BioInspired Grad Student/Postdoc Virtual Coffee Hour Resources

### The Science of Well-Being

Free course offered by Yale

- <https://www.coursera.org/learn/the-science-of-well-being>

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor **Laurie Santos** reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

### Mindfulness Meditation

Great resource for Mindfulness Meditation- they offer basic how to and guided meditation. There is an app available and subscription model for more advanced study.

- <https://www.mindful.org/>
- <https://www.mindful.org/how-to-meditate/>

Other short articles related to Mindfulness:

- <https://www.verywellmind.com/mindfulness-meditation-88369>
- <https://www.verywellmind.com/learn-how-to-meditate-3144793>

### Articles & Blogs

That Discomfort You're Feeling Is Grief

Harvard Business Review-Scott Berinato

[https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0EyHWNauUHbpyNEkyLIHcNVglQkXNLuITDHH4jy2\\_EPpjoa7kft4roqtz8](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR0EyHWNauUHbpyNEkyLIHcNVglQkXNLuITDHH4jy2_EPpjoa7kft4roqtz8)

**I've Worked From Home for 22 Years. Here's What I've Learned.**

The rules change when you move from an office to your spare room. Here's how to be both productive and healthy.

<https://www.wsj.com/articles/ive-worked-from-home-for-22-years-heres-what-ive-learned-11585354640>

**Jen Heemstra on building your resilience**

C&EN advice columnist (and Emory University Associate Professor of Chemistry) offers 4 tips on adapting to times of uncertainty

<https://cen.acs.org/careers/employment/Jen-Heemstra-building-resilience/98/i13>

### Other articles and blogs:

- <https://wiredforhappy.com/blog/>
- <https://psychcentral.com/blog/how-the-stoics-can-keep-us-calm-during-the-coronavirus-outbreak/>
- <https://psychcentral.com/blog/were-all-in-this-together-facing-the-coronavirus-crisis/>
- <https://blogs.psychcentral.com/savvy-shrink/2020/03/hunkering-down-4-brain-wise-ways-to-cope-during-covid-19/>

## Syracuse University Resources

### Human Resources

- <https://hr.syr.edu/posts>

### Wellness Initiative

- <https://wellness.syr.edu/>

### Carebridge Resources: Supplemental Covid-19

- <https://hr.syr.edu/posts/2020/covid-19-resources-by-carebridge>

### Graduate School Professional and Career Development

- <https://graduateschool.syr.edu/current-students/professional-career-development/>

### Self-Paced Learning Resources @ Syracuse University Libraries

- [https://researchguides.library.syr.edu/self\\_paced\\_learning](https://researchguides.library.syr.edu/self_paced_learning)

### Newhouse School Guide to Resources @ Syracuse University Libraries

- <https://researchguides.library.syr.edu/journalism>

### LinkedIn Learning @ Syracuse: professional development courses

- [linkedinlearning.syr.edu](https://linkedinlearning.syr.edu)

### Syracuse University Hendricks Chapel: Music and Message

- <http://hendricks.syr.edu/services-and-initiatives/COVID-19%20Response.html>

Hendricks Chapel's popular weekly series, Music and Message, is going virtual! On Sunday, April 5, all are welcome to join our virtual experience through Blackboard. Student performers will livestream music, chaplains will offer advice on strategies for coping with stress, and participants will come together for a sing-along!

Click the link to be taken to the [Music and Message virtual experience](http://hendricks.syr.edu/services-and-initiatives/COVID-19%20Response.html). The meeting opens at 3:30 p.m and event begins at 4 p.m. For those who prefer to call in for an audio-only experience, call +1-571-392-7650 and enter the PIN: 542 746 5853.

## Syracuse University Libraries Resources

Email your liaison librarian, Emily Hart, [ekhart@syrr.edu](mailto:ekhart@syrr.edu) with questions about this content.

- Setting up Google Scholar to access full text from off campus:
  - <https://library-blog.syr.edu/>
- Updates on the Libraries' Resources & Services During the COVID-19 Shutdown:
  - <https://library.syr.edu/coronavirus.php>
- Dissertations & Theses in the Syracuse University Libraries
  - <https://researchguides.library.syr.edu/dtguide>
- STEM Research Guides (sort by subject) with links to article databases, journals, standards, etc.
  - <https://researchguides.library.syr.edu/?b=s>
- E-book collections
  - <https://researchguides.library.syr.edu/az.php?t=8822>
  - To search across all e-books, use the main search box on the Libraries' website, then in the search results limit to Book/ebook - <https://library.syr.edu/>
- Video Databases:
  - All video databases - <https://researchguides.library.syr.edu/az.php?t=8829>
  - JoVE (Journal of Visualized Experiments) – watch common lab experiments and protocols - <http://libezproxy.syr.edu/login?url=https://www.jove.com/>

### Newspaper Subscriptions:

- Access content on the NY Times website
  - Look for - Registration Instructions, Digital NY Times:  
<https://researchguides.library.syr.edu/c.php?g=258303&p=7274676>
- Access content on the Wall Street Journal website
  - Look for – Registration Instructions, Digital Wall Street Journal  
<https://researchguides.library.syr.edu/c.php?g=258303&p=7274676>
- Newspaper Databases
  - <https://researchguides.library.syr.edu/c.php?g=258303&p=7274676>

### Videos & Audio Collections we subscribe to (Fun/Entertainment for you and your families):

Audio books/literature

- [Raymond Carver Reading Series](#) (open access from SURFACE)
- [Audible Audiobooks](#) for Children (temporarily free online)
- [Literature Online](#) – poetry, prose, and dramatic works

## K-12 Learning

- [Khan Academy](#) (free online)– practice and lessons covering math, grammar, science, history, AP, SAT

## Streaming Feature Films & TV Shows

- Kanopy – browse “[Movies](#)” category for independent films, comedy, science fiction, and more. There’s more than documentaries in here!
- Academic Video Online: [Sony Pictures Classics](#) – feature films from Sony Pictures
- Academic Video Online: [BBC Landmark Video Collection](#) – includes titles from the popular BBC series *Blue Planet* and *Planet Earth* (with 53 titles narrated by David Attenborough, who could go wrong? )
- Academic Video Online: [PBS](#) – includes tons of Ken Burns documentaries shown on PBS.
- Academic Video Online: [A&E](#)

## Streaming Arts Performances

- [Medici.tv](#) – classical music concerts, operas, ballets
- [Met Opera on Demand](#) – opera; includes the MetOpera live in HD broadcasts shown in movie theaters
- Academic Video Online: [Music & Performing Arts](#) – concerts, opera, ballet, musicals, theater performances, modern dance

## Apps

- **Headspace** is offering free subscriptions right now to help people de-stress.  
<https://www.headspace.com/>
- The **Calm** app is offering free resources right now to help you meditate, sleep, and stretch.
- **Simple Habit** is offering free premium memberships right now. To get one, email [help@simplehabit.com](mailto:help@simplehabit.com) and say you'd like a free subscription  
<https://www.simplehabit.com/>

## Food Safety and Covid-19

### 3 Myths About Washing Fruits and Veggies — and How to Do it Right

- <https://www.foodnetwork.com/healthyeats/healthy-tips/2020/03/how-to-wash-your-produce>

### Food Grocery/Delivery

- <https://www.cnn.com/videos/health/2020/03/26/coronavirus-covid-19-food-grocery-delivery-safety-tips-orig.cnn>