



Mindfulness Meditation @ the Library

As part of our [Quiet Down @ the Library](#) stress reduction series, we've teamed up with Corporate Health & Safety Services to provide mindfulness meditation at the library. Shivalee Paliwal, a Wellness Consultant for St. Michael's Hospital, will be running two sessions.

Shivalee runs monthly lunch and learns focused on your well-being, such as guided meditation and breathing. For more information about these sessions, please contact Shivalee directly at paliwals@smh.ca

Date: Thursday, March 2nd

Time: 1-2pm or 2-3pm

Where: library, 3rd floor of LKSKI

To register: hslibrary@smh.ca

What to learn more about mindfulness meditation? Visit our resource guide full of mindfulness resources <http://guides.hsict.library.utoronto.ca/mindfulness>

Featured Database: PsycINFO

PsychINFO is a database from the American Psychological Association that contains over 2,500 journals centered on psychology and the behavioural and social sciences. Resources come from more than 50 countries and date as far back as 1806. PsycINFO can help you easily identify:

- Document types, such as journal articles, book chapters, book reviews, and editorials
- Specific research methodologies, such as clinical case reports, empirical studies and literature reviews
- Documents that have tests or assessment instruments appended
- Research from a specific grant or funding source

Access PsycINFO from our [Library Search](#) homepage under [“Search a Topic \(Databases\)”](#).

Do you want help searching PsycINFO? Request a custom class (available for 4 or more people) or come to our office hours, every Wednesday from 3-4pm in the LKSKI computer lab.