Expanding on the theme for this year’s International Day of Happiness: 2021, this display is being offered here and in the glass display cases located in the UWM Libraries’ Learning Commons on the Milwaukee campus. The theme for this year's International Day of Happiness is 'Keep Calm. Stay Wise. Be Kind' is a chance to find uplifting and positive ways to look after ourselves – and one another.

- Keep calm. There are lots of things outside our control. Let’s remember to breathe and focus on what really matters so we can respond constructively.
- Stay wise. Making wise choices helps everyone. Let’s choose positive actions that support our well-being and help others to do the same.
- Be kind. We’re all in this together, even when we’re forced apart. Let’s stay connected and reach out to help others who may be in need.

**BRIEF BIBLIOGRAPHY OF RESOURCES**

**WEBSITES**

**Action for Happiness**
https://www.actionforhappiness.org/

**Center for Community-Based Learning, Leadership, and Research - UWM**
https://uwm.edu/community/

**Finding Balance – UWM**

**Happiness.com**
https://www.happiness.com/magazine/inspiration-spirituality/international-day-of-happiness/

**Live Happy**
https://www.livehappy.com/happiness-movement#:~:text=The%20Happiness%20Movement%20is%20about,sense%20of%20purpose%20and%20meaning.

**Relaxation Channel – Youtube**
https://www.youtube.com/channel/UCg72Hd6UZAgPBAUZpInmPMQ

**Virtual Tours of the Worlds Museums**
CDs

Dream Songs and Healing Sounds in the Rainforests of Malaysia
   Catalog Number: C-Disc Z GAA 1370
Healing Harmony: The Best of Merlin's Magic
   Catalog Number: C-Disc Z UAA 1109
Meditation Vol. 1
   Catalog Number: Z CAA 1058 v. 1
The Natural Cello
   Catalog Number: C-Disc Z UAA 1081

DVDs

Adventures of Milo and Otis
   Catalog Number: DVD-4025
Amelie
   Catalog Number: DVD-1724
Between the Folds
   Catalog Number: DVD-5220
Hachi
   Catalog Number: DVD-4646
Howl’s Moving Castle
   Catalog Number: DVD-7608
Mamma Mia! 5th Anniversary Special
   Catalog Number: DVD-3196
Midsummer Night’s Dream
   Catalog Number: DVD-0020
Sisterhood of the Traveling Pants
   Catalog Number: DVD-8465
United States of Poetry
   Catalog Number: DVD-4300
What Dreams May Come
   Catalog Number: DVD-1164
Wizard of Oz
   Catalog Number: DVD-1843
Zen Mind
   Catalog Number: DVD-2274

BOARD GAMES

BOOKS
(*located in display – can be requested at main Circulation desk)

Anne Wilson Wind/Rewind/Weave
   Catalog Number: NK 8998 .W55x A4 2011

Art of Happiness: A Handbook for Living
   Catalog Number: BQ 7935 .B774 A78 1998

*ArtBreak
   Catalog Number: N 362 .Z54 2016

Beginning Mindfulness
   Catalog Number: BL 627 .W419 2004

Buddha U: 108 Mindfulness Lessons for Surviving Test Stress, Freshman 15, Friend Drama, Insane Roommates, Awkward Dates, Late Nights, Morning Lectures...and Other College Challenges.
   Catalog Number: LB 2343.3 .P37 2016

Chicken Soup Book
   Catalog Number: TX 757 .H37 1994

*A City Seen
   Catalog Number: TR 655 .C58 2002

*College Mindfulness Training
   Catalog Number: LB 3609 .P33 2019

Coming to Our Senses
   Catalog Number: BL 627 .K325 2005

*Community Gardening
   Catalog Number: SB 457.3 .C66x 2008

Cornucopia
   Catalog Number: TX 715 .H556 2005

Designing Your Life: How to Build a Well-Lived, Joyful Life
   Catalog Number: HF 5381 .B7785 2016

Dorothea Lange Words & Pictures
   Catalog Number: TR 647 .L36 2020

Empathy
   Catalog Number: BF 575 .E55 H69 2013

Energy of Prayer
   Catalog Number: BQ 5631 .N43 2006

Essential Urban Farmer
   Catalog Number: S 494.5 .U72 C36 2012

Exercise, Rest and Relaxation
   Catalog Number: RA 781 .M317

Finding Flow
   Catalog Number: BF 575 .H27 C848 1997
*Folding Paper  
   Catalog Number: TT 872.5 .M37 2013
*Frank Lloyd Wright America's Master Architect  
   Catalog Number: NA 737 .W7 S42 1998b

* Games for Language Learning  
   Catalog Number: PB 35 .W7 2006
Got Dirt?  
   Catalog Number: SB 457 .M45x 2009
Growing Bonsai Indoors  
   Catalog Number: SB 433.5 .G76x 2008
* Gratitude  
   Catalog Number: BJ 1533 .G8 G748x 2016

Hello, Neighbor!  
   Catalog Number: (CCM) 921 R724c 2020
Herbs  
   Catalog Number: SB 351 .H5 C49 1990
*Hideaways  
   Catalog Number: NA 7563 .F3813 2004
HomeBaking  
   Catalog Number: TX 763 .A243 2003
*How to Use Yoga  
   Catalog Number: RA 781.7 .M437 1998
How I Feel Happy  
   Catalog Number: (CCM) 155.4 L5812h
*How to Meditate  
   Catalog Number: BL 627 .M36 1984B

*I Can Do Anything!  
   Catalog Number: (CCM) 158.1 L972i 2004
*Into the Woods: Retreats and Dream Houses  
   Catalog Number: NA 7560 .J63x 2020
Is the Cat Dreaming Your Dream?  
   Catalog Number: (CCM) 154.63 H995i

*John Severson’s Surf  
   Catalog Number: N 6537 .S388x A4 2014

Mayo Clinic Strategies to Reduce Burnout  
   Catalog Number: RA 785 .S94x 2020
Mindfulness & Character Strengths  
   Catalog Number: BF 637 .M4 N54x 2014
Mindfulness Breakthrough: The Revolutionary Approach to Dealing with Stress, Anxiety and Depression  
   Catalog Number: RC 489 .M55 S55 2012
*Mindfulness in a Busy World  
   Catalog Number: BF 637 .M56 B43 2021
*Miracle of Mindfulness  
  Catalog Number: BQ 5618 .V5 N4813 1987

*Modern Art Cookbook  
  Catalog Number: TX 714 .C39x 2013

MoMA Highlights  
  Catalog Number: N 620 .M9 A58 2013

*My Heart Fills with Happiness  
  Catalog Number: (CCM) (BOARD) G784m 2016

One Shot Harris  
  Catalog Number: TR 680 .C76 2002

*Outdoor Sculpture in Milwaukee  
  Catalog Number: NB 235 .M5 B83 1995

Otafuku Joy of Japan  
  Catalog Number: BF 575 .H27 K378 2005

Paradox of Generosity  
  Catalog Number: BJ 1533 .G4 S53 2014

*Plant a Pocket of Prairie  
  Catalog Number: (CCM) 583.73 R783p 2014

*Pocket Mentor: Managing Stress  
  Catalog Number: HF 5548 .85 .M363 2007

Potter Garden  
  Catalog Number: SB 418 .P68x 2001

*Practice of Happiness  
  Catalog Number: BQ 5620 .F7913 1999

*Psychology of Happiness  
  Catalog Number: BF 575 .H27 F685 2010

Relaxation, Meditation, and Mindfulness  
  Catalog Number: BF 637 .R45 S62 2005

*Relaxation Techniques  
  Catalog Number: RA 785 .P39 2005

Science of Stress Management  
  Catalog Number: BF 575 .S75 D267 2018

Tai Chi for Health  
  Catalog Number: RA 781 .M34 1974

*This Book Will Make You Kinder  
  Catalog Number: BJ 1533 .K5 G37 2020

A Tree is Growing  
  Catalog Number: (CCM) 582.16 D716t 1997

Twelve Steps to a Compassionate Life  
  Catalog Number: BJ 1485 .A77 2011
Variations Autour de La Longue Marche
  Catalog Number:  N 6639 .L4 A4 2015

Wellbeing
  Catalog Number:  BF 575 .H27 V47x 2008

Whatever You Go, There You Are: Mindfulness Meditation in Everyday Life
  Catalog Number:  BF 637 .M44 K23

Where Flavor was Born
  Catalog Number:  TX 819 .A1 V54 2007

Wildflower Gardens
  Catalog Number:  SB 439 .W54x 1999

A Winter Day
  Catalog Number:  (CCM) (PICT) F635W

Yoga Practicing Postures
  Catalog Number:  RA 781.7 W433x 1991

You Can Choose to be Happy
  Catalog Number:  BF 575 .H27 S7585x 2010

* You Can Make a Difference!
  Catalog Number:  HN 90 .V64 W55 1990

MORE RESOURCES

Search the Library’s online catalog at https://uwm.edu/libraries/ for even more resources.
  Possible keyword search topics include: Relaxation, Happiness, “Living Well”, Volunteering,
  Mindfulness, Creativity and Meditation.