

# DVDs and CDs to De-Stress this Holiday Season!

*Courtesy of Central Library staff*

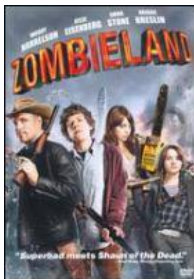
*Links show title location at the time of your search. Patrons can also place a hold and have titles sent to the library of their choice.*

*The Great British Baking Show (641.8 DVD) [find all copies in the Monroe County Library System](#)*

This popular baking competition show has been broadcast for 12 seasons. Lively hosts and judges make this perennial favorite and viewership increased during the pandemic.

*Homestead Blessings: The Art of Sewing (646.2 DVD) [find it at Central Library](#)*

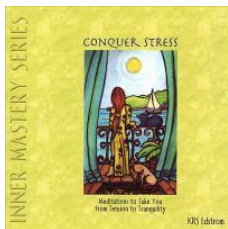
One of the Homestead Blessings series by the West Ladies, part of a homesteading family. The Ladies present sewing tips in a clear and comforting way. Many people took up a craft during the pandemic.



*Brewmaster (663.3097 DVD) [find it at Central Library](#)*

This documentary explores what it takes to be a brewmaster, examining the talents of many of the best U.S. beer makers.

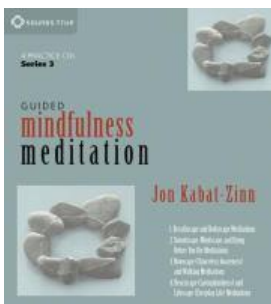
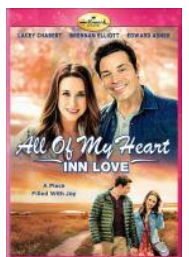
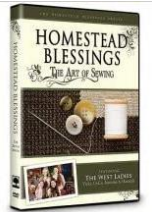
*“Zombieland” [find all Blu-ray copies in the Monroe County Library System](#)  
[Find all DVD copies in the Monroe County Library System](#)*



A 2009 comedy-zombie movie which enjoyed renewed popularity during the lockdown of 2020.

*“All of My Heart: Inn Love” (Hallmark) [find all copies in the Monroe County Library System](#)*

A Hallmark romance with gentle themes and a happy ending.

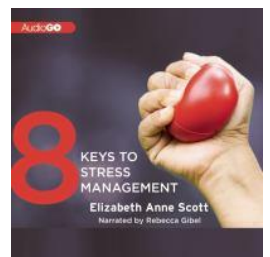


*Conquer Stress (Inner Mastery Series) (BOCD 155.9042 EDS)*

[Find it at Central Library](#) Guided meditation for releasing anxiety and stress.

*Mindfulness Meditation with Jon Kabat-Zinn (BOCD 155.9042 KAB)* [find all copies in the Monroe County Library System](#)

A 4-CD set to help listeners with calming breathing, awareness exercises, walking meditations, and emotional meditation.



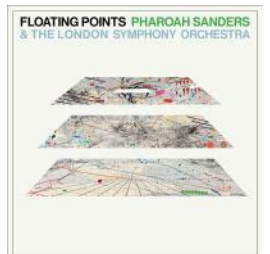
*8 Keys to Stress Management* by Elizabeth Ann Scott (BOCD 155.9042 SCO) [find it at](#)

[Central Library](#) Therapist and wellness coach Scott offers simple methods to deal with life’s stressors.



*Indigo Ocean Dreams* (BOCD 155.418) [find it at Central Library](#)

An audiobook for children, designed to relax and de-stress your child while entertaining them with four stories.



*Floating Points: Pharoah Sanders and the London Symphony Orchestra (JAZZ FLOA PRO)* [find all copies in the Monroe County Library System](#) Peaceful, flowing electronic music that defies categorization.



*Da Pacem: Arvo Part* [find all copies in the Monroe County Library System](#)

Estonian composer Part creates sacred music that embodies his own style, called “Tintinnabuli” (Latin for “bell”) which is a minimalist style of chanting with two distinct voices.

Cooking and Home Crafts

Entertainment

Stress Management