



OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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PRESS RELEASE

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Teens, De-Stress Anywhere You Are in Ocean County Library's Online Calm Room



Ocean County Library

CONNECTING PEOPLE, BUILDING COMMUNITY, TRANSFORMING LIVES

TOMS RIVER – Stress can affect anyone, for any number of reasons. Teens feeling overwhelmed can unplug, unwind, and re-focus in the Ocean County Library's online [Calm Room](#).

Located in the [Teen Zone](#) at www.theoceancountylibrary.org, it offers tools and resources for understanding how stress develops, ways to manage it, and tips for physical, mental and emotional well-being.

Teens will find portals to soothing sights and sounds, live nature and animal cams, personal stories, mindfulness and meditation guides, and links to related apps, podcasts and websites including [Calm](#), [Headspace](#), [Rainy Mood](#), [A Soft Murmur](#), and others.

The Calm Room is part of the [Teen Health and Wellness Database](#), which provides articles and videos by professionals and teens on various topics related to teen health and wellbeing.

The database also contains a list of free, safe, confidential hotlines in Ocean County, the state of New Jersey, the U.S. and Canada for issues such as homelessness, addiction, bullying, depression, grief, HIV/AIDS, and more.

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This free service is provided in collaboration with [Rosen Publishing](#). To learn more, stop by any of OCL's 21 branches or reading centers, visit www.theoceancountylibrary.org, or call (732) 349-6200.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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