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## NEWS RELEASE

# Reading challenges in May feature AAPI authors, stories and mindfulness reading

**Spokane, WA | May 11, 2021** – Spokane County Library District announces two reading challenges for the month of May, honoring Asian American and Pacific Islander Heritage Month and Mental Health Awareness Month.

Mental health awareness and mindfulness can go hand in hand. When you sign up for the Mindfulness Reading Challenge on the library's online reading tracker, Beanstack, you can log your reading minutes to earn badges, explore mindful activities you can do alone or with family and friends, and explore mindfulness apps, podcasts, tips, and more. Start reading and listening to digital books right away on the OverDrive booklist "Take Care of You" at <https://scl.d.overdrive.com/collection/1059440>.

When you need a helpline or crisis resource, we have a list of local, state, and national groups who can help you right away at [www.scl.d.org/helplines-crisis-resources](http://www.scl.d.org/helplines-crisis-resources).

Sign up for the "Celebrating AAPI Voices" reading challenge to find great authors and stories, track your reading to earn badges, explore podcasts, tour museums virtually, and more. You'll find great reads, including fiction, nonfiction, children's books, and cookbooks, in several library blog posts celebrating Asian American and Pacific Islander heritage at [www.scl.d.org/tag/aapi](http://www.scl.d.org/tag/aapi). On OverDrive, you can explore AAPI booklists for adults, kids, and teens at <https://scl.d.overdrive.com>.

You can register for both reading challenges using the library's online reading tracker, Beanstack, at <https://scl.d.beanstack.org>. The Beanstack app is also available for Android and iOS devices. Find links to download the app at [www.scl.d.org/apps](http://www.scl.d.org/apps).

*Spokane County Library District provides resources, experiences, and places that empower people to learn, explore, and succeed. The District operates 11 libraries throughout Spokane County including Airway Heights, Argonne, Cheney, Deer Park, Fairfield, Medical Lake, Moran Prairie, North Spokane, Otis Orchards, Spokane Valley, and The BookEnd. District library cards are free to Spokane County residents.*

*For more information on our libraries or programs, please visit [www.scl.d.org](http://www.scl.d.org) or call 509.893.8200.*

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