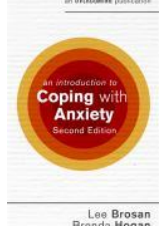
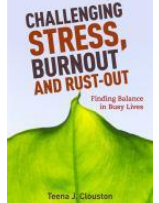
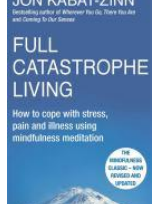
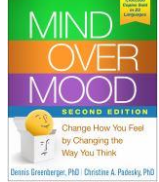
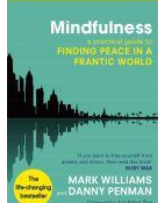
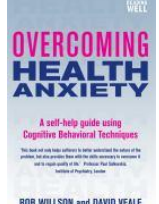
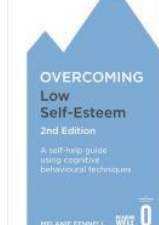

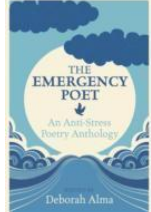
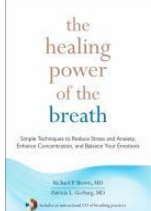
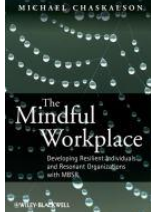

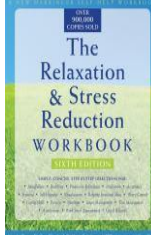

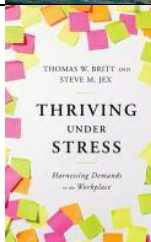


Mental Health Awareness Week 2018:
Stress: are we coping? Selected titles from OXH libraries.

	<p>An introduction to coping with anxiety / Brosan, Lee and Hogan, Brenda. 2nd ed, 2017. WM172 Whiteleaf</p>
	<p>Challenging stress, burnout and rust-out: finding balance in busy lives / Clouston, Teena J. (2015) WLM228 Warneford</p>
	<p>Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation / Kabat-Zinn, Jon. (rev. ed) (2013) WLM229 Whiteleaf</p>
	<p>Mind over mood: change how you feel by changing the way you think / Greenberger, Dennis; Padesky, Christine A. (2nd ed) (2016) WM505 Whiteleaf</p>
	<p>Mindfulness: a practical guide to finding peace in a frantic world / Williams, Mark; Penman, Danny. (2011) WM507 Littlemore, Warneford, Whiteleaf</p>
	<p>Overcoming health anxiety / Willson, Rob and Veale, David. 2009. WM 97 Warneford, Whiteleaf</p>
	<p>Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques / Fennell, Melanie. 2nd ed, 2016. WLM310 Whiteleaf</p>
	<p>Overcoming your workplace stress: a CBT-based self-help guide / Bamber, Martin R. (2011) WLM228 Warneford</p>

	<p>The emergency poet: an anti-stress poetry anthology / Alma, Deborah. (2015) Mood Boosting Books Whiteleaf</p>
	<p>The healing power of the breath: simple techniques to reduce stress and anxiety, enhance concentration, and balance your emotions. / Brown, Richard P.; Gerbarg, Patricia L. (2012) WLM229 Whiteleaf</p>
	<p>The mindful workplace: developing resilient individuals and resonant organizations with MBSR / Chaskalson, Michael. (2011) WX405 Warneford</p>
	<p>The Oxford handbook of stress, health, and coping / Folkman, Susan. (2011) WLM228 Warneford</p>
	<p>The relaxation and stress reduction workbook / Davis, Martha; Eshelman, Elizabeth Robbins; McKay, Matthew. (6th ed) (2008) WLM229 Whiteleaf</p>
	<p>The resilience handbook: approaches to stress and trauma / Kent, Martha; Davis, Mary C.; Reich, John. (2013) WLM228 Whiteleaf</p>
	<p>Thriving under stress: harnessing demands in the workplace / Britt, Thomas W.; Jex, Steve M. (2015) WLM228 Littlemore</p>

For further information see these titles in the SWIMS catalogue
<http://vv-swims.olib.oclc.org/webview/>
or contact us: Library.enquiries@oxfordhealth.nhs.uk