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

on DEFECTION publication  an introduction to  Coping with  Anxiety  Second Edition  Lee Brosan  Brenda Hogan	An introduction to coping with anxiety / Brosan, Lee and Hogan, Brenda. 2 <sup>nd</sup> ed, 2017.  WM172  Whiteleaf
CHALLENGING STRESS, BURNOUT AND RUST-OUT AND RUST-OUT AND RUST-OUT Today dated. In Bury Line Teers J. Cleaston	Challenging stress, burnout and rust-out: finding balance in busy lives / Clouston, Teena J. (2015) WLM228 Warneford
JON KABAT-ZINN search of the Control of the Control Search of the	Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation / Kabat-Zinn, Jon. (rev. ed) (2013) WLM229 Whiteleaf
OVER  MOOD  SECOND EDITION  Chappe How You Feel  For You You Time  Desire Greeker per RD Diction A Pideolay RD	Mind over mood: change how you feel by changing the way you think / Greenberger, Dennis; Padesky, Christine A. (2nd ed) (2016) WM505 Whiteleaf
Mindfulness FINORIO FAMERIA FINANTO MOSTO  TO	Mindfulness: a practical guide to finding peace in a frantic world / Williams, Mark; Penman, Danny. (2011) WM507 Littlemore, Warneford, Whiteleaf
OVERCOMING HEALTH ANXIETY  A self-help guide using Cognitive Biotherical Techniques The had vide without his waster that see a broad of the Technique Alexander of the Technique Alexan	Overcoming health anxiety / Willson, Rob and Veale, David. 2009.  WM 97  Warneford, Whiteleaf
OVERCOMING LOW Self-Esteem 2nd Edition A silther guide intrig scorethin bettercome (redirectors)	Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques / Fennell, Melanie. 2 <sup>nd</sup> ed, 2016.  WLM310  Whiteleaf
Overcoming Your Workplace Stress A CIT come out from pain Marie II, Saviour	Overcoming your workplace stress: a CBT-based self-help guide / Bamber, Martin R. (2011) WLM228 Warneford

THE EMERGENCY POET  An Anti-Stress Poetry Anthology Poetry Poetry Anthology Poetry Anthology Poetry Anthology Poetry Anthology Poetry Anthology Poetry Poetry Anthology Poetry Anthology Poetry Poetry Poetry Anthology Poetry Poetry Anthology Poetry Poetry Poetry Anthology Poetry Po	The emergency poet: an anti-stress poetry anthology / Alma, Deborah. (2015) Mood Boosting Books Whiteleaf  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
federe Carcenteres en Bateri For Consover  - Makel Thoru, MI  - Park L. Coring, NO  - Shake a second Coring agent	Whiteleaf
Mindful Workplace Boney Function of Control	The mindful workplace: developing resilient individuals and resonant organizations with MBSR / Chaskalson, Michael. (2011) WX405 Warneford
The Oxford Handbook of STRESS, HEALTH, AND COPING	The Oxford handbook of stress, health, and coping / Folkman, Susan. (2011) WLM228 Warneford
The Relaxation & Stress Reduction WORKBOOK	The relaxation and stress reduction workbook / Davis, Martha; Eshelman, Elizabeth Robbins; McKay, Matthew. (6th ed) (2008) WLM229 Whiteleaf
RESILIENCE HANDBOOK	The resilience handbook: approaches to stress and trauma / Kent, Martha; Davis, Mary C.; Reich, John. (2013) WLM228 Whiteleaf
THOMAS W. BRITT OND STEVE M. JEX  THRIVING UNDER STRESS  **Bersaring Domasti** ** a Wirtplace	Thriving under stress: harnessing demands in the workplace / Britt, Thomas W.; Jex, Steve M. (2015) WLM228 Littlemore