## **Mental Health Awareness Week 2019**

## **Stress: Are we coping? Selected titles from OHFT Libraries**

ar BTERBER pairwater	An introduction to coping with anxiety/ Brenda Hogan and Lee Brosan. (2017)
CHALLENGING STRESS BURNOUT AND RUST-OUT Ming Burges	Challenging stress, burnout and rust-out: finding balance in busy lives / Clouston, Teena J. (2015)
JON KABAT-ZINN The second sec	Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation / Kabat-Zinn, Jon. (rev. ed) (2013)
Change How You Feel by Change the Kan Way You Thick Detris Breetherper, PHD Dirichte A: Padesky, PHD	Mind over mood: change how you feel by changing the way you think / Greenberger, Dennis; Padesky, Christine A. (2nd ed) (2016)
	Mindfulness: a practical guide to finding peace in a frantic world / Williams, Mark; Penman, Danny. (2011)
W <section-header></section-header>	Overcoming health anxiety / Willson, Rob and Veale, David. (2009)

For further information see these titles in the SWIMS catalogue http://wv-swims.olib.oclc.org/webview/

or contact us: Library.enquiries@oxfordhealth.nhs.uk

OVERCOMING Low Self-Esteem and Edition A salt-have guide state roouter Manage agentite belavious of the Deregues	Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques / Fennell, Melanie. 2nd ed. (2016)
Overcoming Your Workplace Stress A CBT-based wif-rep gate	Overcoming your workplace stress: a CBT-based self-help guide / Bamber, Martin R. (2011)
Stress Control Amind body, Ni Proprach to base Star Variable of the set	Stress Control:A Mind, Body, Life Approach to Boosting Your Well- being/ Jim White. (2017)
THE EMERGENCY POET An Ant Stress Poerry Anthology Deborah Alma	The emergency poet: an anti-stress poetry anthology / Alma, Deborah. (2015)
the healing power of the breath Market and American Strategy and American Market and A	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)
MICHARL CHASKAPSON Mindful Workplace Desents advises the Mindful Workplace Reserves	The mindful workplace: developing resilient individuals and resonant organizations with MBSR / Chaskalson, Michael. (2011)
The Oxford Handbook of STRESS, HEALTH, AND COPING	The Oxford handbook of stress, health, and coping / Folkman, Susan. (2011)

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

The Relaxation & Stress Reduction W OR K BOOK CONTROLLING CONTROLI	The relaxation and stress reduction workbook / Davis, Martha; Eshelman, Elizabeth Robbins; McKay, Matthew. (6th ed) (2008)
R THE RESILIENCE HANDOOK	The resilience handbook: approaches to stress and trauma / Kent, Martha; Davis, Mary C. and Reich, John. (2013)
THOMAS W. BEITT AND STEVE M. JEX THRIVING UNDER STRESS Marine Domandi a Workplace	Thriving under stress: harnessing demands in the workplace / Britt, Thomas W. and Jex, Steve M. (2015)

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