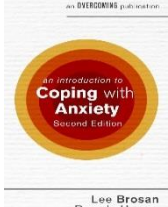
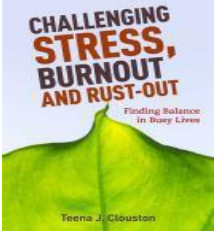
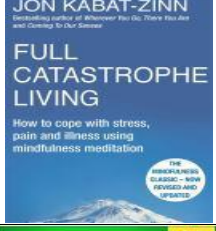
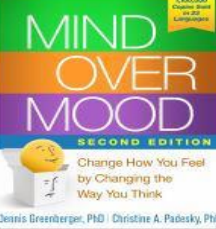
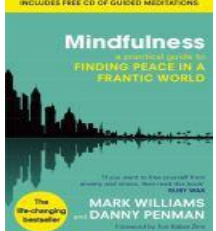
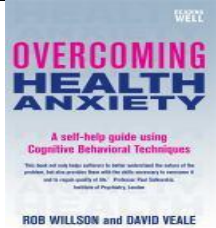


Mental Health Awareness Week 2019

Stress: Are we coping? Selected titles from OHFT Libraries

	<p>An introduction to coping with anxiety/ Brenda Hogan and Lee Brosan. (2017)</p>
	<p>Challenging stress, burnout and rust-out: finding balance in busy lives / Clouston, Teena J. (2015)</p>
	<p>Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation / Kabat-Zinn, Jon. (rev. ed) (2013)</p>
	<p>Mind over mood: change how you feel by changing the way you think / Greenberger, Dennis; Padesky, Christine A. (2nd ed) (2016)</p>
	<p>Mindfulness: a practical guide to finding peace in a frantic world / Williams, Mark; Penman, Danny. (2011)</p>
	<p>Overcoming health anxiety / Willson, Rob and Veale, David. (2009)</p>

For further information see these titles in the SWIMS catalogue

<http://wv-swims.olib.oclc.org/webview/>

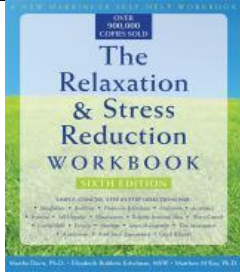
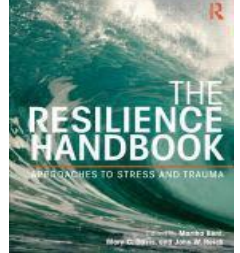
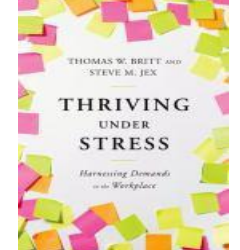
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	Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques / Fennell, Melanie. 2nd ed. (2016)
	Overcoming your workplace stress: a CBT-based self-help guide / Bamber, Martin R. (2011)
	Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being/ Jim White. (2017)
	The emergency poet: an anti-stress poetry anthology / Alma, Deborah. (2015)
	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)
	The mindful workplace: developing resilient individuals and resonant organizations with MBSR / Chaskalson, Michael. (2011)
	The Oxford handbook of stress, health, and coping / Folkman, Susan. (2011)

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	<p>The relaxation and stress reduction workbook / Davis, Martha; Eshelman, Elizabeth Robbins; McKay, Matthew. (6th ed) (2008)</p>
	<p>The resilience handbook: approaches to stress and trauma / Kent, Martha; Davis, Mary C. and Reich, John. (2013)</p>
	<p>Thriving under stress: harnessing demands in the workplace / Britt, Thomas W. and Jex, Steve M. (2015)</p>

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