





-  White, J. (2017) *Stress control: a mind, body, life approach to boosting your well-being*. London, Robinson. **WLM228 Wellbeing (Littlemore, Warneford, Whiteleaf)**
-  Williams, C. (2018) *Living life to the full: key life skills to change your life*. Five Areas. **WM505 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Wilson, K. (2020) *How to build a healthy brain: reduce stress, anxiety and depression and future-proof your brain*. London: Yellow Kite.

## Games

-  Focus Games (2017) *Working stress game*. Glasgow: Focus Games. **WLM228 (Warneford)**

## Useful Websites

-  Headspace - <https://www.headspace.com/stress>
-  Mental Health Foundation - <https://www.mentalhealth.org.uk/a-to-z/s/stress>
-  Mental Health UK - <https://mentalhealth-uk.org/help-and-information/stress/>
-  MIND - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>
-  Rethink Mental Illness - <https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/stress-how-to-cope/>
-  Stress Management Society - <https://www.stress.org.uk/free-resources/>

Search for all resources via the NHS Knowledge & Library Hub:

<https://library.nhs.uk/knowledgehub/>

Search for books and journals by title or subject on the SWIMS library catalogue at: [www.swims.nhs.uk](http://www.swims.nhs.uk)

Login to MyAthens at: <https://www.openathens.net/> to view and access a full range of resources.

Search Oxford Health Research & Knowledge Archive (ORKA) - <https://oxfordhealth-nhs.archive.knowledgearc.net/> for publications by Oxford Health staff.

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Stress Awareness Month 2022

# Stress Awareness

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NHS OpenAthens login required for Electronic Books.

*This guide is not intended to be a comprehensive list.*

-  Barker, S. (2021) *Burnt out: the exhausted person's six-step guide to thriving in a fast-paced world*. London: Aster.
-  Browne, J. (2019) *The anti-anxiety cookbook: calming plant-based recipes to combat chronic anxiety*. New York, NY: Skyhorse Publishing. [Electronic Book](#)
-  Browne, J. & Buchanan, C. (2019) *Understanding teenage anxiety: a parent's guide to improving your teen's mental health*. New York, NY: Skyhorse Publishing. [Electronic Book](#)
-  Butler, G., Grey, N. & Hope, T. (2018) *Manage your mind: the mental fitness guide*. 3<sup>rd</sup> edn. Oxford: Oxford University Press. [WLM305 Wellbeing Collection \(Warneford\)](#)
-  Clouston, T.J. (2015) *Challenging stress, burnout and rust-out: finding balance in busy lives*. London, Jessica Kingsley. [WLM228 \(Warneford\)](#)
-  Cottrell, S. (2019) *50 ways to manage stress*. London: Red Globe Press.
-  Damour, L. (2019) *Under pressure: confronting the epidemic of stress and anxiety in girls*. London: Atlantic.
-  Eastham, C. (2017) *We're all mad here: the no-nonsense guide to living with social anxiety*. London, Jessica Kingsley. [WLM228 Wellbeing Collection \(Littlemore, Warneford, Whiteleaf\)](#)
-  Foreman, E.I. & Pollard, C. (2018) *A practical guide to CBT: from stress to strength*. London: Icon Books. [WM505 Wellbeing \(Littlemore, Warneford, Whiteleaf\)](#)
-  Harkness, K.L. & Hayden, E.P. (eds.) (2020) *The Oxford handbook of stress and mental health*. New York: Oxford University Press.
-  Harris, R. (2008) *The happiness trap: based on ACT: a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression*. London, Robinson. [WLM228 Wellbeing Collection \(Whiteleaf\)](#)
-  Harrold, G. (2019) *De-stress your life: a new approach to reducing stress in your daily life*. London: Orion.
-  Johnstone, M. & Player, M. (2019) *StressLess: proven methods to reduce stress, manage anxiety and lift your mood*. London: Robinson.
-  Maté, G. (2019) *When the body says no: the cost of hidden stress*. London: Vermilion.
-  McIntosh, D. & Horowitz, J. (2018) *Stress: the psychology of managing pressure*. London: Dorling Kindersley.
-  Nagoski, E. & Nagoski, A. (2019) *Burnout: the secret to solving the stress cycle*. London: Vermilion. [WLM228 \(Warneford\)](#)
-  Pressman, T.E. (2019) *Deconstructing anxiety: the journey from fear to fulfillment*. Lanham: Rowman and Littlefield. [Electronic Book](#)
-  Stein, S.J. & Bartone, P.T. (2020) *Hardiness: making stress work for you to achieve your life goals*. Hoboken, NJ: John Wiley and Sons.
-  Theodosiou, L., Knightsmith, P., Lavis, P. & Bailey, S. (2019) *Children and young people's mental health: early intervention, ongoing support and flexible evidence-based care*. 2<sup>nd</sup> edn. Pavilion Publishing and Media. [WS700 \(Warneford, Whiteleaf\)](#)
-  Tompkins, M.A. & Barkin, J.R. (2018) *The relaxation and stress reduction workbook for teens: CBT skills to help you deal with worry and anxiety*. Oakland, California: New Harbinger.
-  Treleaven, D.A. (2018) *Trauma-sensitive mindfulness: practices for safe and transformative healing*. New York: W.W. Norton. [WM507 \(Whiteleaf\)](#)
-  Unger, A. (2020) *Calm: 50 mindfulness exercises to de-stress wherever you are*. London: White Lion Publishing.