
Stress Awareness Resource list

Books

The following books are all available from the Francis Costello Library (location 9).

Bohlmeijer, E. 2013. A beginner's guide to mindfulness: live in the moment. Healthy Horizons collection

Burch, V. 2013. Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing. Healthy Horizons collection

Davis, M. 2008. The relaxation and stress reduction workbook. Healthy Horizons collection

Donaldson-F. 2011. Preventing stress in organizations: how to develop positive managers. HF 5548.85.D66 DON

Firth-Cozens, J. 1999. Stress in health professionals: psychological and organisational causes and interventions. HF 5548.85.D66 PAY

Greenberger, D. 1995. Mind over mood: change how you feel by changing how you think. Healthy Horizons collection

Halliwell, E. 2015. Mindfulness: how to live well by paying attention. Healthy Horizons Collection

Harrison, E. 2012. Teach yourself to meditate. Healthy Horizons collection

McKenna, P. 2009. Control stress: stop worrying and feel good now!. Healthy Horizons collection

Owen, R. 2014. Living with the enemy: coping with the stress of chronic illness using CBT, mindfulness and acceptance. BF 447 OWE

Rezek, C. 2015. Mindfulness for carers: how to manage the demands of caregiving while finding a place for yourself. Healthy Horizons collection

Sapolsky, R. 2004. Why zebras don't get ulcers: the acclaimed guide to stress, stress-related diseases, and coping. Healthy Horizons collection

Tallis, F. 2014. How to stop worrying. Healthy Horizons collection

Verni, K. 2015. Practical mindfulness: a step-by-step guide. Healthy Horizons collection

Watt, T. 2012. Mindfulness: a practical guide. Healthy Horizons collection

Williams, A. 2011. Mindfulness: a practical guide to finding peace in a frantic world. Healthy Horizons collection

Williams, C. 2012. Overcoming anxiety, stress and panic: a five areas approach. Healthy Horizons collection

Reading for health and wellbeing

Please go to the library webpages to view resources on reading for health and wellbeing: <http://www.rjah.nhs.uk/Library/Reading>