

# Well-being resources



available from the  
Academy Library  
Level 4  
YDH

## Our well-being resources for Staff

Contained within this booklist is a selection of books available from the Academy Library, Level 4 which we feel might offer help to staff who are experiencing issues of compromised well-being. It should be noted that these are suggestions not recommendations and are merely indicative of the stock available to you from the Library. As a member of staff you have access to the Library 24/7 with your ID badge to browse the books but if you would like to borrow any you must first join the Library. We would like to reassure you that we will never make available details of what you have on loan so you can be confident that your privacy will be respected. As part of a larger NHS Library 'family' you have access to many more titles which can be requested on inter Library loan. We are also happy to take suggestions of books for stock if you have come across a title which was particularly helpful to you.

We would also like to highlight some websites which we feel could offer help and guidance. These are:

- <http://reading-well.org.uk/>
- <http://www.selfcareforum.org/>
- <http://www.mind.org.uk/>
- <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>
- <http://bemindful.co.uk/>

## Employee Assistance Programme (EAP)

The EAP is a fantastic benefit for staff and offers specialist information support on a range of topics such as counselling (available face-to-face, via phone or online), debt management support, stress intervention support, career guidance service, and also has a comprehensive website with information and guidance.

All staff are able to use the Freephone hotline which is available 24 hours a day 365 days a year.

Call the EAP hotline: 0800 1116 387 or visit [www.wellness.rightmanagement.co.uk/login](http://www.wellness.rightmanagement.co.uk/login)  
The Trust username is YDHwell.

For further information about the Library and the services we offer please visit the Library Blog:

<http://yeovildh.wordpress.com/>

The following list of books has been split into categories but it should be noted that some might relate to other issues also. In addition to the list is this general guide to resources which will enable readers to identify effective self-help materials and distinguish them from those that are potentially misleading or even harmful.

### **Self-help that works: resources to improve emotional health and strengthen relationships**

Norcross, John C et al (2012)  
WLM310

## **Bullying:**

### **Free yourself from workplace bullying: become bully-proof and regain control of your life**

Oade, Aryanne (2015)  
WX424

This practical guide includes real-life examples and proven strategies which will stop bullying in its tracks. It is packed full of tactics, insights and empathy which will benefit you if you have experienced work-place bullying, or if you are concerned that you may be targeted in the future.

## **Depression:**

### **Beating depression: inspirational stories of hope and recovery**

Gilbert, Paul (2011)  
WM171

The real-life stories in this book reflect the wide range of different experiences of depression, each story providing inspiration to anyone going through similar experiences as well as those who care for them.

### **Depression**

Wasserman, Danuta (2011)  
WM171

Covering the symptoms, possible causes, and the wide range of current treatments available for depression this book is written by one of the world's leading authorities on depression and suicide, and will provide a useful overview of depression for sufferers, their families/carers, and health care professionals.

### **Life after darkness**

Wield, Cathy (2006)  
WM171

This book relates the remarkable and moving story of a doctor and mother of four who endured seven years of severe depression. Self-harm, attempted suicides and admissions to psychiatric units culminated in her resorting to brain surgery as a final attempt to escape her illness. The story of Cathy Wield covers the horrors of time spent in archaic institutions and the loss of any hope, to a full recovery following surgery. Today she has returned to her career and rediscovered the joys of life and her family. This story is one of hope from an often hidden and stigmatized disease.

### **Managing depression with CBT for dummies**

Thomson, Brian & Broadway-Horner, Matt (2013)  
WM171

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you to break free from destructive or negative behaviours and make positive changes to both your thoughts and your actions. This practical guide to managing depression with CBT will help you understand your depression, identify solutions to your problems, and maintain your gains and avoid relapse.

### **Overcoming depression and low mood: a five areas approach**

Williams, Christopher (2014)

WM171

This book explains how low mood can affect your life. It helps you understand why you sometimes feel low, anxious, angry, or guilty. It also teaches proven practical skills to help you change how you feel. By using the clearly described practical tools inside, you can make helpful changes to your life. Ultimately, the hope is that this book will help you to regain a sense of control over how you feel.

### **Understanding and dealing with depression**

Souter, Keith (2013)

WM171

This book gives the basic information needed to understand what depression is, how to recognise it, and, most essentially, how to deal with it, including details on: Different types of depression; What depression can feel like; Medical and holistic ways of treating depression; Things you can do yourself to control the symptoms

## **Mindfulness and Low Mood:**

### **Manage your mind: the mental fitness guide**

Butler, Gillian & Hope, Tony (2007)

WLM305

The mind is a powerful tool, but without good training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. Manage your Mind shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest. Manage Your Mind also includes specific, up-to-date information on how to make decisions, strengthen your memory, stop smoking, sleep better, recover from alcohol abuse, and more.

### **Mindfulness: a practical guide to finding peace in a frantic world**

Williams, Mark & Penman, Danny (2011)

WM507

Mindfulness reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage.

### **Mindfulness made easy: teach yourself**

Langley, Martha (2011)

WM507

If you are suffering from low mood, feeling anxious, or just want to learn an amazing technique for gaining control of your mind and feelings, this book is a clear and approachable introduction to the power of Mindfulness.

### **Mind over mood**

Greenberger, Dennis & Padesky, Christine A (2016)

WM505

The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships

## Positivity:

### **Find your power: a toolkit for resilience and positive change**

Johnstone, Chris (2010)

WLM21

Addressing personal and planetary issues, "Find Your Power" describes how to strengthen your ability to bring about positive change. Drawing on insights from addictions recovery, positive psychology, storytelling and holistic science, it includes proven strategies for improving mood, building strengths and increasing effectiveness.

### **Introducing positive psychology**

Grenville-Cleave, Bridget (2012)

WLM225

This practical guide explores how we can all have a '*life of enjoyment*' in which we savour the positive emotions that are part of healthy living; a '*life of engagement*' where we feel confident we can tackle the tasks we face; and a '*life of affiliation*' being part of something larger than ourselves. Free of jargon but full of straightforward advice, case studies and step-by-step instructions, this is the perfect concise start to making your life better.

### **Positive psychology: a practical guide**

Grenville-Cleave, Bridget (2012)

WLM225

Provides easy, proven techniques from the science of well-being to improve your inner strength and put you on the path to a flourishing, happy life.

### **Positive psychology: a toolkit for happiness, purpose and well-being**

Grenville-Cleave, Bridget (2016)

WLM225

With expert encouragement and guidance, you will set out your own positive psychology project to discover your strengths, overcome negative attitudes, focus on what gives you purpose, and take control of your life choices.

## Stress:

### **CBT for occupational stress in health professionals: introducing a schema-focused approach**

Bamber, Martin R. (2006)

WM505

This book goes beyond simply defining the problem and fills a gap in the current literature by providing clear and concise individual treatment interventions.

### **Coping with stress: common sense strategies**

Robbins, Paul (2007)

WLM228

The book begins with a discussion of the nature of stress. The study then turns to the ways psychologists conceptualize measure and study coping mechanisms, and to specific techniques, concentrating on those that have proven to be most effective. For individuals considering professional help, the final chapters present some information about medications, psychotherapy and alternative medicine approaches

### **Self Esteem: Confidence Building: Overcome Fear, Stress and Anxiety**

Seals, James (2015)

WLM310

No matter how much time you spend on your work, there's no escaping the fact that you have to put some effort into your personal life. Have you ever come home after a long day at work wishing you could do away with all of your stress and anxiety? This amazing book teaches you: What your thoughts are all about; How to control your thoughts; Making a safe place for your mind; and many more.

### **The relaxation & stress reduction workbook**

Davis, Martha et al (2008)

WLM229

This book offers proven and effective worry and anger models. This book features chapters including "Facing Feelings", which focuses on mindfulness and acceptance, and "Coping with Anger". It covers time management. It shows how to unplug from our wealth of electronic communication conveniences when necessary.

### **Transforming nurses' stress and anger: steps towards healing**

Thomas, Sandra (2009)

WY80

The nursing profession cannot afford to lose staff to stress-related illnesses and burnout. This book guides nurses to optimise their efficiency and relationships in the workplace, and to solve work-related problems.

### **Why zebras don't get ulcers: a guide to stress, stress-related diseases, and coping**

Sapolsky, Robert M. (2004)

WLM228

A look at the interconnections between emotion and physical well-being. Drawing on the latest research, Sapolsky describes the physical toll associated with emotional turmoil. He also discusses some proven effective ways of learning to moderate the body's responses to stress.

## **Well-being:**

### **Introducing well-being**

Furness-Smith, Patricia (2015)

WLM229

This book is full of expert, practical advice which teaches you to use the latest techniques to achieve a healthy state of mind and body. '*Become more energized*' by adopting quality sleep patterns; '*optimize mental and physical health*' by harnessing your natural ability to heal; '*achieve calm*' by learning to manage your stress levels; and '*discover happiness and fulfilment*' by investing in yourself and others.

### **Well-being: productivity and happiness at work**

Robertson, Ivan T. & Cooper, Cary (2011)

WX200

High levels of well-being at work are good for the employee and the organization. It means lower sickness-absence levels, better retention and more satisfied customers. People with higher levels of well-being live longer, have happier lives and are easier to work with. This book shows how to improve well-being in your organization.

**Yeovil Academy Library**

Yeovil District Hospital

Higher Kingston

Yeovil

BA21 4AT

**Tel:** (01935) 384495/4697

**Email:** [Library@ydh.nhs.uk](mailto:Library@ydh.nhs.uk)

**Blog:** <http://yeovildh.wordpress.com/>

**Library office opening hours**

Monday – Friday 8.00am – 6.00pm