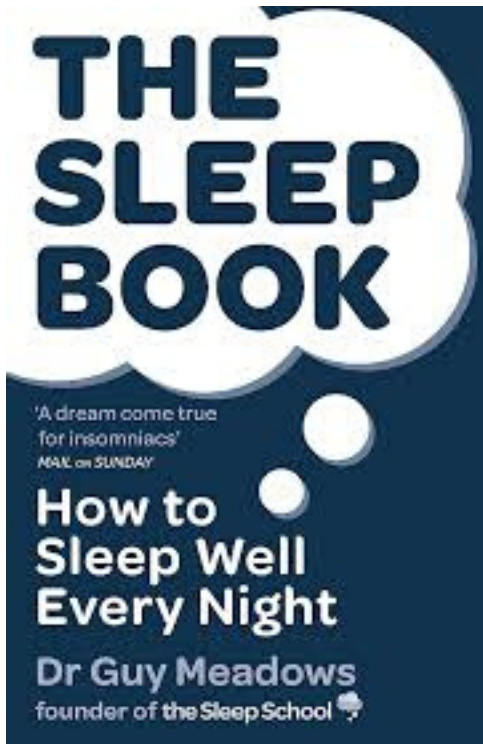


# MENTAL HEALTH

RECOMMENDED BOOKS, APPS,  
WEBSITES AND BLOGS

## RECOMMENDED BOOKS

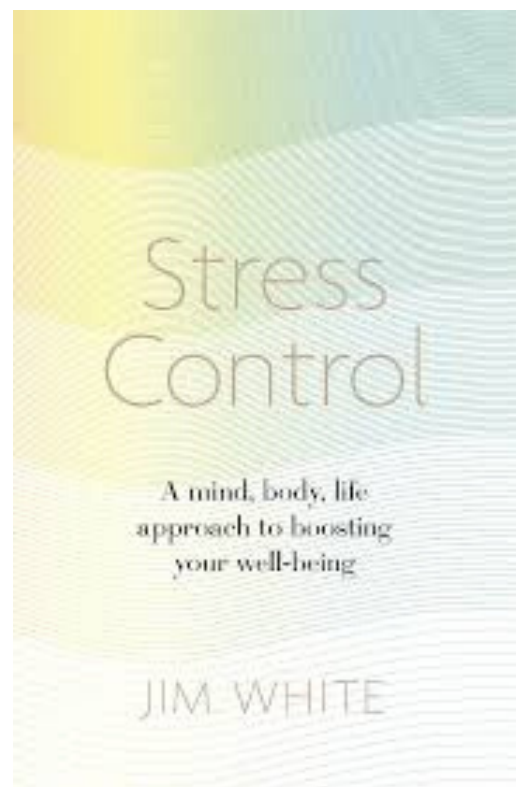


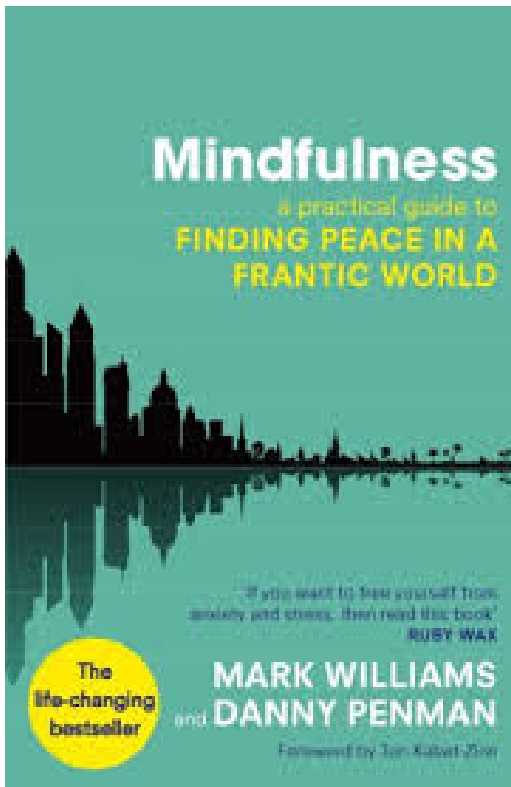
### **The Sleep Book: How to Sleep Well Every Night by Dr Guy Meadows**

A third of the population sleep badly, but you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, the book shares a unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia.

### **Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being by Jim White**

This accessible, jargon-free book combines clinically proven methods from Cognitive Behavioural Therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind and take on stress. Learn about stress and how it affects you, follow straightforward steps to get an instant sense of control, develop a set of linked skills for long-term stress management, boost your wellbeing and feel in control of your future.



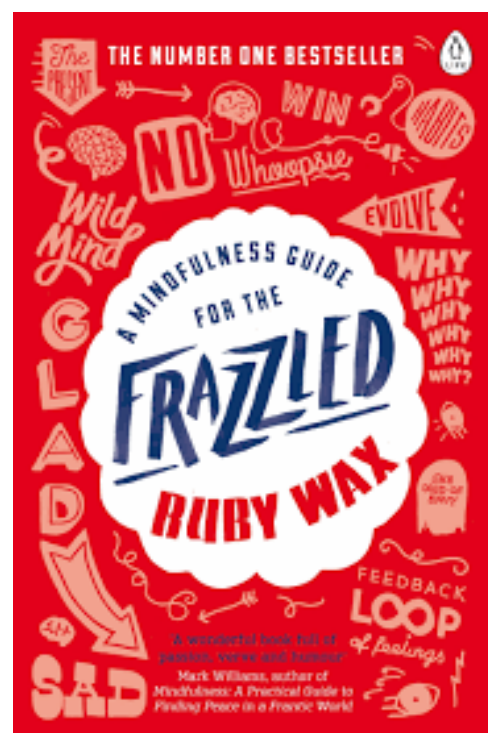


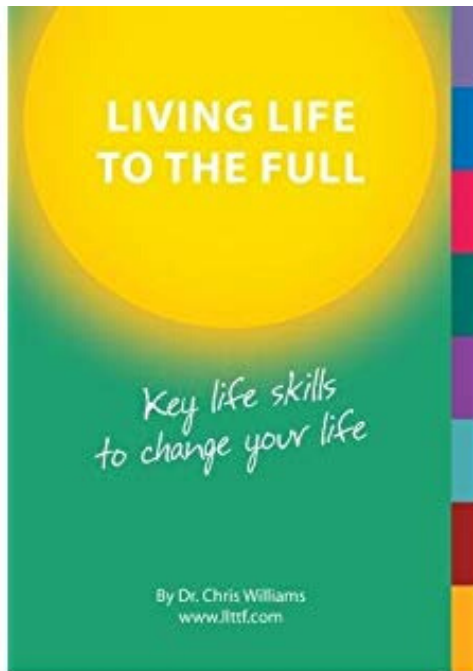
## **Mindfulness: A Practical Guide to Finding Peace in a Frantic World by Mark Williams and Danny Penman.**

This book and CD package has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress, unhappiness and exhaustion. The book details a unique programme developed by Oxford University psychologist Professor Mark Williams with colleagues around the world. Mindfulness is based on mindfulness-based cognitive therapy (MBCT), which is recommended by the UK's National Institute for Health and Care Excellence.

## **A Mindfulness Guide for the Frazzled by Ruby Wax**

Ruby Wax lays out her mindfulness techniques, making simple changes that give us time to breathe, reflect and live in the moment. With mindfulness advice for relationships, for parents, for children and for teenagers, and a six-week course based on her studies of Mindfulness Based Cognitive Therapy with Mark Williams at Oxford University, *A Mindfulness Guide for the Frazzled* is the only guide you need for a healthier, happier life. Ruby's approach to Mindfulness is something that can help us all: learning to notice your thoughts and feelings so you can truly experience life.



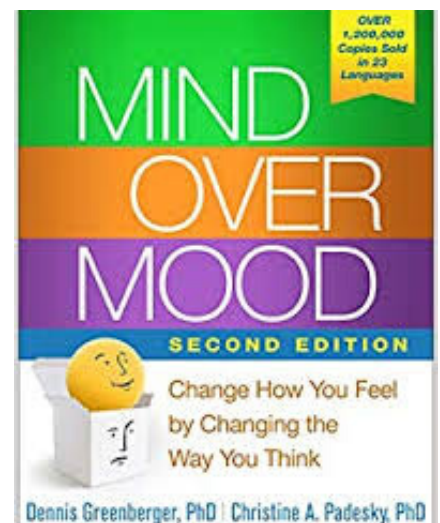


## **Living Life to the Full by Chris Williams**

This course is a series of chapters and linked free online modules that have been proven to improve low mood and anxiety. As you read the book, you can print off any linked worksheets from [www.lltff.com](http://www.lltff.com) and practice the skills you are learning. Developed by CBT expert Dr Chris Williams, this book uses an accessible format to help build a toolkit of skills for good mental health.

## **Mind Over Mood, Second Edition by Dennis Greenberger and Christine A. Padesky**

Identifying simple yet powerful steps you can take to overcome emotional distress and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,100,000 readers to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect scientific developments, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; and much more.



## RECOMMENDED WEBSITES AND APPS

### Websites:

- [Mood Juice](#)
- [Living Life To The Full](#)

### Apps



£30.00

**Be Mindful** is an online course for reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy (MBCT).

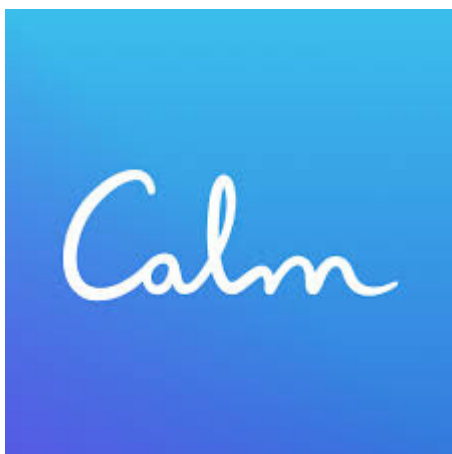
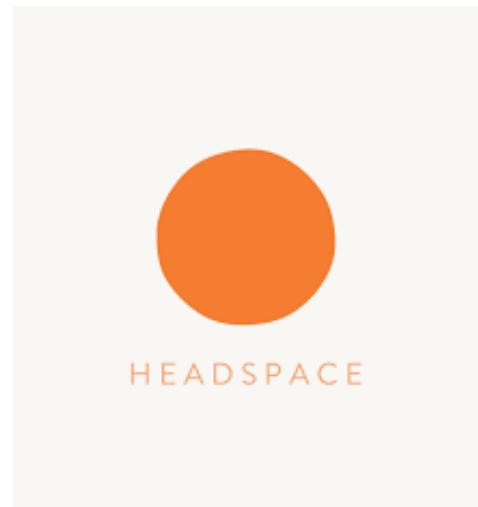
(Free to use) This App is only available on the Apple Store for iOS devices. **Happier** helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.





**7 Cups** – Online Therapy for Anxiety and Depression Feeling isolated? Connect instantly with one of 160,000 trained volunteer listeners and licensed therapists with 7 Cups. The app engages users in anonymous, free, confidential conversations so you can vent about your day or simply hear a human voice. It also gives the option to connect with multiple users and to participate in guided discussions in group support chat rooms.

**Headspace** is one of the best-known meditation apps on the market. If you have never meditated before or find it difficult, Headspace is a great place to start. The popular app takes you by the hand and leads you through guided meditations and mindfulness techniques to help establish calm and wellness in your life. The free basics course teaches you meditation fundamentals; the full library is accessible via a subscription fee.

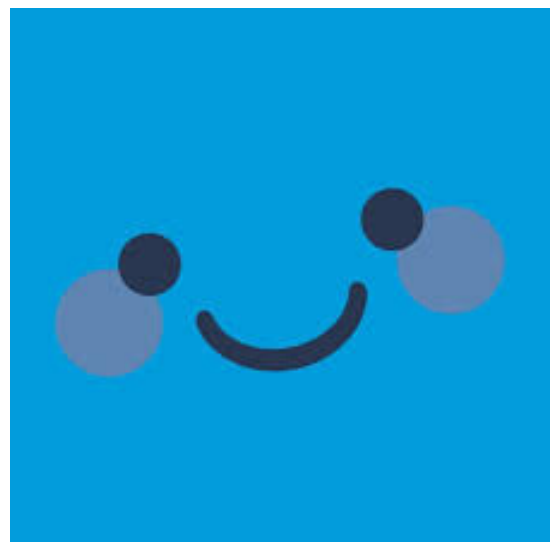


As well as guided Daily **Calm** sessions, which help you unwind and refocus your attention, there are also programmes for intermediate and advanced users. With plenty of free content and at just £35.99 for a premium subscription that lasts the whole year (there's no monthly offer but it equates to just under £3 a month).



**Slumber** (Free with in-app purchases) If you struggle to sleep, try listening to a selection of relaxing stories and meditations on Slumber. This app also aims to help you focus and reduce stress.

(Basic is free) **My Possible Self**, the NHS-featured mental health and wellbeing app: helping you become your best possible self. We have a bunch of different interactive learning modules for you to try, based on proven psychological methods such as cognitive behavioural therapy and positive psychology, all created to equip you with the skills you need to navigate your way through life.



## **RECOMMENDED BLOGS**

Mind's 'Your stories' section

Mental Health Foundation

SAMH

SANE

Mental Health at Work