**LIBRARY GUIDE:**

**ANXIETY AND STRESS REDUCTION**



This library guide is designed to help library patrons find information about Greek Mythology. All materials will be found in the Marion County Public Library System or the World Wide Web.

**BOOKS**

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| --- | --- | --- | --- | --- |
| **MCPL** | Amen, Daniel G. | *The end of mental illness: how neuroscience is transforming psychiatry and helping reverse mood and anxiety disorders, ADHD, addictions, PTSD, psychosis, personality disorders and more* | 616.89 | Non-Fiction |
| **MCPL** | Brantley, Jeffrey | *Calming your anxious mind: how mindfulness and compassion can free you of anxiety, fear and panic* | 152.46 BRA | Non-Fiction |
| **MCPL** | Butler-Ross, Nancy | *Meditation express: stress relief in 60 seconds flat* | 158.1 BUT | Non-Fiction |
| **MCPL** | Crum, Thomas | *Three Deep Breaths: finding power and purpose in a stressed-out world* | 615.836 CRU | Non-Fiction |
| **MCPL** | Damour, Lisa | *Under pressure: confronting the epidemic of stress and anxiety in girls* | 155.5 DAM | Non- Fiction |
| **MCPL** | Duling, Kaitlyn | *Social Media and digital stress*  | J 302.231 DUL | Juvenile Non-Fiction |
| **MCPL** | Ellis, Albert | *How to control your anxiety before it controls you* | 152.46 ELL | Non-Fiction |
| **MCPL** | Galanti, Regine | *Anxiety relief for teens: essential CBT skills and mindfulness practices to overcome anxiety and stress* | J 616.852 GAL | Juvenile Non-Fiction |
| **MCPL** | Habash, Connie L. | *Awakening from Anxiety: A Spiritual guide to living a more calm, confident, and courageous life*  | 616 HAB | Non-Fiction |
| **MCPL**  | Hari, Johann  | *Lost Connections: the real causes of depression and anxiety- and the unexpected solutions* | 616.85 HAR | Non-Fiction |
| **MCPL** | Hyde, Margaret | *Stress 101: an overview for teens* | 155.9 HYD | Non-Fiction |
| **MCPL** | Lite, Lori | *Angry Octopus: a relaxation story* | J 155.4 LIT | Juvenile Non- Fiction |
| **MCPL** | Montgomery, Bob | *Living with anxiety: a clinically tested step-by-step plan for drug-free management*  | 616.85 MON | Non-Fiction |
| **MCPL** | Mooney, Carla | *Academic Anxiety* | J 373.821 MOO | Juvenile Non- Fiction |
| **MCPL** | Sams, Tina | *Herbal Medicine for Emotional Healing: 101 Natural Remedies for Anxiety, Depression, Sleep, and More* | 615.321 SAM | Non-Fiction |
| **MCPL** | Sherman, Carl | *Stress Remedies: hundreds of fast- relief tips to relax your body, calm your mind, and diffuse the number one cause of everyday health problems and chronic disease* | 155.9042 SHE | Non-Fiction |
| **MCPL** | Shrand, Joe | *Manage your stress: overcoming stress in the modern world*  | 616.98 SHR | Non-Fiction |
| **MCPL** | Stewart, Whitney  | *Mindfulness and meditation for teens: handling life with a calm focused mind* | J 155.5 STE | Juvenile Non-Fiction |
| **MCPL**  | Wentz, Izabella | *Adrenal transformation protocol: a 4-week plan to release stress symptoms and go from surviving to thriving* | 616.45 WEN | Non-Fiction |
| **MCPL** | Younger, David A., M.D. | *The Autoimmune Brain: A five-step plan for treating chronic pain, depression, anxiety, fatigue, and attention disorders*  | 615 YOU | Non-Fiction |

**eBOOKS & eAUDIOBOOKS**

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| **WVDELI** | Achor, Shawn | *The Happiness Advantage* | eBook |
| **HOOPLA** | Bradley, Michael | *Crazy-Stressed* | eBook |
| **HOOPLA** | Crawford, Mark J.  | *Stress Relief* | eAduiobook |
| **HOOPLA** | Delony, John | *Redefining Anxiety*  | eAudiobook |
| **HOOPLA** | Dove, Oscar Steveie | *Cease Anxiety* | eAudiobook |
| **WVDELI** | Ford, Julian & Wortmann, Jon | *Hijacked by your brain* | eBook |
| **HOOPLA** | Gostick, Adrian & Elton, Chester | *Anxiety at Work* | eBook/ eAudiobook |
| **WVDELI** | Greenberg, Melanie | *The Stress-Proof Brain* | eBook |
| **HOOPLA** | Groves, Dawn | *Stress Reduction for Busy People* | eBook |
| **HOOPLA** | Hunt, June | *Anxiety: Calming the Fearful Heart*  | eBook |
| **HOOPLA** | Johnson, Shawn | *Attacking Anxiety*  | eAudiobook |
| **HOOPLA** | Kabat-Zinn, Jon | *Stress Reduction* | eAudiobook |
| **HOOPLA** | Lehrhaupt, Linda & Meibert, Petra | *Mindfulness- Based Stress Reduction* | eBook |
| **HOOPLA** | Love, Mike & Meade, James | *End Anxiety!*  | eBook |
| **HOOPLA** | Mando Collections | *Reduce Anxiety* | eAudiobook |
| **WVDELI** | Neff, Kristin & Germer, Christopher | *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* | eBook |
| **HOOPLA** | Patel, Harita | *No More Stress* | eAudiobook |
| **HOOPLA** | Positivity Protection | *Guided Meditation for Anxiety: Help Understand and Calm Your Emotions with Stress and Anxiety Reduction* | eBook |
| **HOOPLA** | Snow, Elizabeth | *Instant Stress Reduction* | eAudiobook |
| **HOOPLA** | Stahl, Bob, et. al | *A Mindfulness- Based Stress Reduction Workbook for Anxiety*  | eBook |

**LIBRARY DATABASES**

* ***EBSCO Research Databases*.** *Primary Source* provides full text for more than 70 popular, magazines for elementary school research. All full text articles included in the database are assigned a reading level indicator (Lexiles), and full text information dates as far back as 1990. Accessed from library computers or from remote sites at <https://mcpls.org>
1. Hover over **Digital Resources** from the site menu.
2. Click **Education & Information** from dropdown menu.
3. Scroll down to the subject heading **General Reference Searching** and select **EBSCO Research Databases.**
4. Select the databases you wish to search or click the **Select/Deselect all** box once to search all available databases.
5. Enter your search item in the search box.

A search for “Anxiety” brought over 243,999 hits. Last accessed June, 22 2023.

A search for “Anxiety and Stress Reduction” brought over 2,112 hits. Last accessed June 22, 2023.

* ***EXPLORA.*** Formerly Searchasaurus and Kids Search, Explora gives kids the chance to explore thousands of topics in a variety of disciplines. Accessed from library computers or from remote sites at <https://mcpls.org>
1. Hover over **Digital Resources** from the site menu.
2. Click **Education & Information** from dropdown menu.
3. Scroll down to the subject heading  **Reference for Kids** and select **EXPLORA: Public Libraries.**
4. Enter your search item in the search box.

A search for “Anxiety” brought over 155,964 hits. Last accessed June 22, 2023.

A search for “Anxiety and Stress Reduction” brought over 730 hits. Last accessed June 22, 2023.

**WEBSITES**

* ***CDC:*** Provides health tips to cope with stress. There is information on Data and Statistics, a Mental Health Quiz, information about Mental Health for Children, and Tools and resources. Last accessed June 22, 2023. <https://www.cdc.gov/mentalhealth/cope-with-stress/index.html>
* ***National Center for Complimentary and Integrative Health:***  Provides information about Stress and how to relax through Deep Breathing, Progressive Muscle Relaxation, Meditation and Mindfulness Practices, and Yoga. There are also infographics, research articles, 24-hour hotlines, and fact sheets relating to stress and anxiety. Last accessed June 23, 2023. <https://www.nccih.nih.gov/health/stress>
* ***Change to Chill:***This site offers information and tips on mindfulness and stress relief tips for teenagers. This is a free online source designed to help teens relax and integrate healthy habits into their lifestyle. There are lesson plans, quizzes, mindfulness activities, life/balance guidance, breathing techniques, guided imagery, and identity assistance. Last accessed June 28, 2023. <https://www.changetochill.org/>
* ***Exhaler:*** Breathing is one of those things that you don't really think much about, but this [five-minute self-caring activity](https://www.makeuseof.com/tag/self-care-ideas-can-change-day/) can change your mood. A large circle on your screen tells you how much to inhale and how much to exhale, slowing your breathing down. It sounds silly, but the visual reminder is just what you need to not think about anything else. Exhaler also has settings for the yogic breathing exercises of pranayama and ujjayi. You can also change the settings as you want, including how long you want to hold a breath after inhaling or exhaling. Last Accessed June 28, 2023. <https://xhalr.com/>

**LOCAL COMMUNITY RESOURCES**

* Appalachian Counseling Center Phone Number: 681-404-6869

 Website: wvcounseling.com

**About Resource:** This organization offers individual therapy, online therapy, life coaching, and marriage therapy. Individual therapy services are offered in-person, telehealth, and walk-and-talk therapy where you meet with your therapist and go on a walk during your session. Appalachian Counseling Center has many therapists on their team and you are matched with a therapist that fits your individual needs.

* Mental Health Services Serving NCWV Phone Number: 304-293-4692

**About Resource:** This organization supports individuals to increase their well-being, exercise choices, and seek resources to support their mental health status. Services include: individual or group counseling, training, and consultation.

* MindUP Phone Number: 304-293-4692

 Email Address: darcie.scott@wvumedicine.org

**About Resource:** This organization teaches individuals how to understand the brain and its function, taking brain breaks – a mindful awareness practice, and infuses strategies derived from science of happiness to provide skills to foster well-being and happiness.