

Low Mood

*The Library has a growing collection of books for improving staff well-being.
The following books on low mood are available to borrow from the Library.*

- Live more think less: overcoming depression and sadness** by P. Callesen 2020 [E-book]
- Declutter your mind: how to stop worrying, relieve anxiety, and eliminate negative thinking** by S.J Scott (2019)
- This book could help: The men's head space manual** by Rotimi Akinsete (2019)
- Wellbeing: body confidence, health and happiness** by Emma Woolf (2019)
- Time and how to spend it: the seven rules for richer, happier days** by James Wallman (2019)
- Take a moment: activities to refocus, recentre and relax wherever you are** by MIND (2019)
- The 4 pillar plan: how to relax, eat, move and sleep your way to a longer, healthier life** by Rangan Chatterjee (2018)
- How to be well: the 6 keys to a happy and healthy life** by Frank Lipman (2018)
- Ten to zen: ten minutes a day to a calmer, happier you** by Owen O'Kane (2018)
- The happy kitchen: good mood food** by Rachel Kelly (2017)
- The ABCs of coping with anxiety: using CBT to manage stress and anxiety** by James Cowart (2017)
- Kindness: the little thing that matters most** by Jaime Thurston (2017)
- Building self-esteem: a five-point plan for valuing yourself more** by David Bonham-Carter (2016)
- How to deal with low self-esteem** by Christine Wilding (2015)
- How to be happy (or at least less sad): a creative workbook** by Lee Crutchley (2015)
- Constructive wallowing: how to beat bad feelings by letting yourself have them** by Tina Gilbertson (2014)
- Feel good: how to change your mood and cope with whatever comes your way** by Shane Pascoe (2014)
- Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being** by Michael Otto (2011)

