

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.*

The instant mood fix: emergency remedies to beat anxiety, panic or stress by Olivia Remes (2021)

Ainsley's good mood food by Ainsley Harriott (2021)

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)

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)

The feel good factory on beating the blues: life-healing, mind-mending, soul-soothing ideas to heal a troubled mind by Elizabeth Wilson (2014)

Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being by Michael Otto (2011)

Overcoming depression and low mood: a five areas approach by C. Williams (2008)

