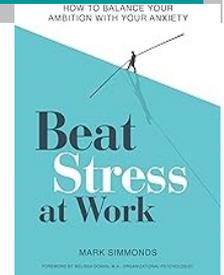


Anxiety

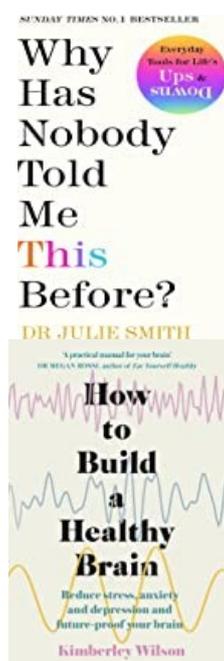
*The Library has a growing collection of books for improving staff well-being.
The following books on anxiety are available to borrow from the Library.*

Beat Stress at Work: How to Balance Your Ambition with Your Anxiety by M Simmonds (2022)



Why has nobody told me this before? By J. Smith (2022)

How to build a healthy brain: reduce stress, anxiety and depression and future-proof your brain by K. Wilson (2022)



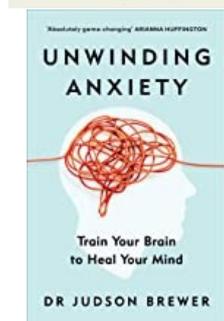
Trans guide to mental health and wellbeing by K. Lees (2022)

Psychological: why mental health goes wrong and how to make sense of it by D. Burnett (2021)

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

We're all freaking out (and why we don't need to) by D. Marvin (2021)

Unwinding anxiety: train your brain to heal your mind by J. Brewer (2021)



Anxious man: notes on a life lived nervously by J. Roberts (2020)

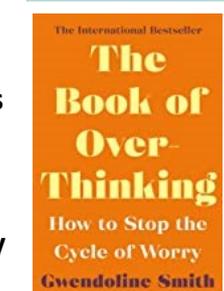
The book of over-thinking: how to stop the cycle of worry by G. Smith (2020)

Live more, think less: overcoming depression and sadness by P. Calleson (2020) (e-book)

Freedom from anxious thoughts and feelings: a 2 step mindfulness approach for moving beyond fear and worry by S. Symington (2019)

Overcoming anxiety without fighting it by T. Cantopher (2019)

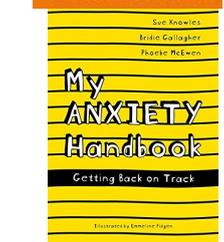
Declutter your mind: how to stop worrying, relieve anxiety, and eliminate negative thinking by S.J. Scott (2019)



A little peace of mind: the revolutionary solution for freedom from anxiety, panic attacks and stress
by N. Bird (2019)

Asking for help: an honest guide to depression and anxiety from rock bottom to recovery
by K. Braddock (2018)

My anxiety handbook: getting back on track by S. Knowles (2018)



An introduction to coping with anxiety 2nd ed. by B. Hogan (2018)