Health and Wellbeing ebooks

In support of Health Information Week a new collection has been created of ebooks aimed at supporting aspects of staff health and wellbeing (though you may find them informative when working with patients too!).

To access the ebooks you will require your NHS OpenAthens login (for details of how to register see https://libguides.kcl.ac.uk/nhs/openathens – this can be completed online from any PC provided you use your NHS email address).

You can read online or download to your phone or tablet (you may need to install an appropriate reading app if you do not already have one).

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Anxiety

The ABCS of Coping with Anxiety: Using CBT to manage stress and anxiety

Breaking Mad: The Survivor’s Guide to Coping with Anxiety

Get Your Life Back: Learn to Cope with Stress Anxiety Depression

Managing Anxiety with Mindfulness for Dummies

Cognitive Behavioural Therapy (CBT): Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life

Coping with the Psychological Effects of Illness: Strategies to manage anxiety and depression
My Anxiety Handbook : Getting Back on Track

Think Happy to Stay Happy : The Awesome Power of Learned Optimism

We're All Mad Here : The No-Nonsense Guide to Living with Social Anxiety

Depression
Keeping the Blues Away

Overcoming Depression for Dummies

Exercise
The Beginning Runner's Handbook : The Proven 13-Week RunWalk Program

Fitness Cycling

Fitness Running

Walking for Fitness : The Beginner's Handbook

Walking for Fitness, Pleasure and Health : A complete guide for women of all ages

Healthcare stories
Critical

How Death Becomes Life : Notes from a Transplant Surgeon

How I Rescued My Brain : A Psychologist's Remarkable Story of Recovering from Stroke

The NHS At 70 : A Living History

Long term conditions
Dr Dawn's Guide to Weight & Diabetes

Exercise Your Way to Health: Arthritis

Fighting Fatigue : a practical guide to managing the symptoms of CFS/ME

Heart Attack Survival Guide

Irritable Bowel Syndrome : Navigating your way to recovery

Mindfulness
Mindfulness : Your step-by-step guide to a happier life

Mindful Leadership : A Guide for the Health Care Professions
Pain

**CBT for Chronic Pain and Psychological Well-Being : A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing**

**Manage Your Pain : Practical and Positive Ways of Adapting to Chronic Pain**

Parenting

**Dr Dawn's Guide to Your Baby's First Year**

**The New Strong-Willed Child : Birth Through Adolescence**


Productivity

**How to be a Productivity Ninja 2019 UPDATED EDITION : Worry Less, Achieve More and Love What You Do**

**Student Procrastination : Seize the Day and Get More Work Done**

**Work Smarter: Live Better**

**101 Things to Do with Spare Moments on the Ward**

Sleep

**Beating Insomnia**

Stress

**Challenging Stress, Burnout and Rust-Out : Finding Balance in Busy Lives**

**Combatting Burnout : A Guide for Medical Students and Junior Doctors**

**Surviving Work in Healthcare : Helpful Stuff for People on the Frontline**

**The Resilient Practitioner : Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions**

**Resilience (HBR Emotional Intelligence Series)**

**The Stress Reduction Workbook for Teens : Mindfulness Skills to Help You Deal with Stress**

Wellbeing and self care

**The Carer's Bible**

**Health Improvement And Well-Being : Strategies For Action**

**Nursing by Heart : Transformational Self-Care for Nurses**

**Self-Care and You : Caring for the Caregiver**
Workplace Wellness That Works: 10 Steps to Infuse Well-Being and Vitality into Any Organization

Women’s health
Dr Dawn’s Guide to Women’s Health
The Invisible Woman: Taking on the Vintage Years