

RESOURCES

BOOKS

Mood, Anxiety, Emotion Regulation

- **The Happiness Trap: How to Stop Struggling and Start Living.** Harris, R.
 - **An illustrated (comic) version is also available**
- **Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.** Hayes, S
- **Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom.** Hanson, R.
- **Cognitive Behavioural Therapy Workbook For Dummies.** Branch & Wilson.
- **Mind over Mood: Change How You Feel by Changing the Way You Think.** Padesky & Greenberger
- **Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety.** Marra, T.
- **The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder.** Van Dijk, S.

Anxiety

- **Feel The Fear And Do It Anyway.** Jeffers, S.
- **Things May Go Terribly, Horribly Wrong.** Wilson, KG & Dufrene, T.
- **The Anti-Anxiety Workbook.** Antony, M.

Mindfulness and Acceptance

- **True Refuge.** Brach, T.
- **The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.** Williams, Teasdale, Segal, Kabat-Zinn.
- **The Mindful Way through Anxiety.** Orsillo & Roemer.
- **Self-Compassion.** Neff, K.

Perfectionism

- **The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.** Brown, B.
- **When Perfect Isn't Good Enough.** Antony & Swinson.

INTERNET RESOURCES

- **TED talks:** i) Amy Cuddy: Your body language shapes who you are
ii) Shane Koyczan: To This Day – For the bullied and the beautiful
iii) Kristen Neff: Self Compassion vs Self-Esteem

- iv) Brene Brown: On Vulnerability
: Listening to Shame
- iv) Kelly McGonigal: How to Make Stress Your Friend

- YouTube: i) Seinfeld: Emotional Intelligence – Opposite Action Day
ii) Derek Redmond: You Raise Me Up (Peter Gonzales version)
iii) Tim Minchin: Graduation Address Summing Up Life Lessons
iv) The Backwards Brain Cycle (learning to retrain an old habit)

Web sites:

1. <http://marc.ucla.edu/> UCLA Mindful Awareness Research Center - guided exercises and weekly podcasts on mindfulness
2. <http://franticworld.com/free-meditations-from-mindfulness/> - mindfulness website accompanying book *Finding Peace in a Frantic World* including guided meditations
3. <http://self-compassion.org/> - mindful self compassion resources including guided meditation
4. <http://www.anxietybc.com/> - self help CBT resources for anxiety, including youth specific resources
5. <http://www.cci.health.wa.gov.au/resources/consumers.cfm> - free evidence based CBT workbooks for a variety of problems
6. www.moodgym.anu.edu.au - Australian online CBT program for depression
7. www.heretohelp.bc.ca – depression and anxiety education and management skills
8. www.comh.ca - Centre for Applied Research in Mental Health and Addiction – online workbooks
 - a. Recommended:
 - i. **Antidepressant Skills Workbook** (version for adults or adolescents)
 1. Managing depression, step-by-step guide
 - ii. **Positive Coping with Health Conditions**
 - iii. **Managing Depression** for women during and beyond pregnancy
9. www.backsense.org - helping chronic back pain by addressing the fear of movement

APPS

1. **Mindshift** – anxiety resource with ability to tailor to your anxiety triggers. Contains help with relaxation and mindfulness tools, alternative thoughts, and challenging yourself. A joint creation of Anxiety BC and the BC Provincial Mental Health and Substance Use services

2. **Booster Buddy** – locally designed app with a great collection of emotion regulation skills, support for activating oneself, and reminders to take medication and meet other goals (Island Health)
3. **Breath Pacer** – can set your own inhale, exhale, and hold pace. Practicing breathing on a regular basis is like a tonic for your nervous system
4. **Optimism** – helpful for those with episodic depression or mania. Helps you track your moods, identify triggers and red flags, and use skills to manage mood states.
5. **Smiling Mind** – meditation guide designed for young people, but helpful for adults, too!
6. **Headspace** – accessible, light-hearted meditation guide. First 10days free.