



Self-Help Resources

Department of Psychiatry and Psychology

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STRESS MANAGEMENT

Books

- Abramowitz (2012). *The Stress Less Workbook*.
- Davis, et al. (2019). *The Relaxation and Stress Reduction Workbook*, 7th edition.
- Stahl, et al. (2019). *A Mindfulness-Based Stress Reduction Workbook*, 2nd edition.

Apps and Websites

- Mindfulness Coach.
- Breathe2Relax.
- SuperBetter.
- Happify.

Free Skill-Building

The anxiety, stress and uncertainty of the pandemic have impacted almost every area of our lives. Mayo Clinic has developed an interactive module to help you build coping skills to better manage distress. You can access this interactive skill-building module here: [Building Resiliency During the COVID-19 Pandemic](#).

SLEEP MANAGEMENT

Books

- Carney & Manber (2009). *Quiet Your Mind and Get to Sleep*.
- Hauri, et. al. (2000). *No More Sleepless Nights Workbook*.
- Jacobs (2009). *Say Good Night to Insomnia*, revised edition.

Apps and Websites

- Insomnia Coach.
- CBT-I Coach.
- Dalhousie University (mysleepwell.ca).

Free Skill-Building

Sleep problems are common. Mayo Clinic has developed an interactive module to help you improve the quality and quantity of your sleep. You can access this interactive skill-building module here: [Cognitive Behavioral Therapy — Insomnia](#).

ANXIETY AND MOOD MANAGEMENT

Books

- Burns (1999). *Feeling Good: The New Mood Therapy*.
- Josefowitz & Swallow (2024). *The Behavioral Activation Workbook for Depression*.
- Neff & Germer (2018). *The Mindful Self-Compassion Workbook*.
- Norton & Antony (2021). *The Anti-Anxiety Program*, second edition.
- Teasdale et. al. (2014). *The Mindful Way Workbook*.
- Tolin (2012). *Face Your Fears*.

Apps and Websites

- MindShift CBT.
- PTSD Coach.
- Mood Mission.
- WoeBot.
- Mayo Clinic Anxiety Coach (anxietycoach.mayoclinic.org).
- Living Life to the Full [UK] (littf.com/free-resources).

Free Skill-Building

Behavioral Activation: When you feel down, withdrawing or avoiding can affect how you engage in life. Mayo Clinic has developed an interactive module to help you build skills to stay connected with personally meaningful, value-driven activities that can improve your mood. You can access this interactive skill-building module here: [Employee Mental Health: Behavioral Activation](#).

Managing Negative Thinking

When we feel stressed, down and overwhelmed, we often struggle with negative thoughts such as worry and rumination. Mayo Clinic has developed an interactive module to help you build skills to better manage negative styles of thinking. You can access this interactive skill-building module here: [Employee Mental Health: Managing Negative Thinking](#).