

Web Sites

Childhood stress (KidsHealth)

<https://kidshealth.org/en/parents/stress.html?ref=search>

Stress (MedlinePlus)

medlineplus.gov/stress.html

Institute of HeartMath

(Resources Section)

www.heartmath.org/resources/

Meditation: an introduction

(National Center for Complementary and Integrative Health)

<https://nccih.nih.gov/health/meditation/overview.htm>

Stress: how to cope better with life's

challenges (FamilyDoctor)

familydoctor.org/stress-how-to-cope-better-with-lifes-challenges

Stress

(HelpGuide.org)

www.helpguide.org/home-pages/stress.htm

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

La Crosse (608) 775-5995

East Building (608) 775-1186

(800) 362-9567, ext. 55995

mooneylibrary@gundersenhealth.org

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gundersenhealth.org/libraries

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Stress Relief Resources

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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Books

Stress Relief materials are located from CA 200 to CA 309. For related materials, the full call number is provided.

The 10 best anxiety busters: simple strategies to take control of your worry / Dr. Margaret Wehrenberg. (2015)

10 steps to mastering stress: a lifestyle approach / David Barlow, Ph.D. (2014)

Art of peace and relaxation workbook / Brian Luke Seaward. (2008)

Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness / Jon Kabat-Zinn. (2005)

Heal yourself with qigong: gentle practices to increase energy, restore health, and relax the mind / Suzanne Friedman. EA 275 F74 2009

Letting everything become your teacher: 100 lessons in mindfulness / Jon Kabat-Zinn. EA 220 K33L 2009

Living through personal crisis / Ann Kaiser Stearns. (2010)

Mayo Clinic guide to stress-free living / Amit Sood, M.D. (2013)

Relaxation & stress reduction workbook / Martha Davis. (2008)

Resilience at work: how to succeed no matter what life throws at you / Salvatore Maddi. (2005)

So stressed: a plan for managing women's stress to restore health, joy, and peace of mind / Stephanie McClellan. (2010)

Stress less, live more: how acceptance and commitment therapy can help you live a busy yet balanced life / Richard Blonna. (2010)

Spent: end exhaustion and feel great again / Frank Lipman. (2009)

Yoga sparks: 108 easy practices for stress relief in a minute or less / Carol Krucoff. EA 270 K78 2013

For Children

Sitting still like a frog: mindfulness exercises for kids (and their parents) / Eline Snel. (2013)

CDs

Breathing: the master key to self-healing / Andrew Weil. EA 265 W45c 1999

Calm: music for relaxation. (2003)

The daily relaxer: audio companion / Matthew McKay. (2008)

Dr. Andrew Weil's mind-body tool kit. EA 200 W43c 2005

Letting go of stress: four effective techniques for relaxation and stress reduction / Emmer Miller. (2002)

Meditations for overcoming life's stresses and strains: open your heart and let your bloodstream flow freely / Bernie Siegel. EA 220 S54co 2004

Meditations to relieve stress / Belleruth Naparstek. (1995)

Mindfulness for beginners / Jon Kabat-Zinn. EG 220 K33cm 2006