

Helpful Books & Websites

Books

Mindfulness

Kabat - Zinn, J. **Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness.** Delta Trade, 2009.

Great for understanding, appreciating, and introducing *mindfulness* into our lives.

Neff, K. & Germer, C. (2018). **The Mindful Self-Compassion Workbook: A proven way to accept yourself, build inner strength, & thrive.** New York: Guilford Press.

Great for anyone that wants to incorporate mindful meditation into their daily lives and struggles with negative self-talk and negative self-evaluation.

Teasdale, J., Williams, M., & Segal, Z. **The Mindful Way Workbook: An 8-week program to free yourself from depression and emotional distress.** Guilford Press, 2014

Great workbook for an introduction to Mindfulness Based Cognitive Therapy.

Great for symptoms of *depression and anxiety* as well as just a general feeling of being overwhelmed.

Relationships

Johnson, S. **Hold Me Tight: Seven conversations for a lifetime of love.**

Hachette Book Group, 2008.

Great for anyone dealing with difficulties in their intimate *relationship* especially around communication and repeating patterns. Relies on Emotion Focused Therapy paradigm.

Levine, A & Heller, R.S.F. **Attached: The new science of adult attachment and how it can help you find and keep love.** Penguin Random House, 2010.

Great for developing awareness of how our early childhood experiences continue to shape how we act in our closest *relationships* & understanding patterns.

Cognitive Behaviour Therapy

Baer, L. (2001). **The Imp of the Mind: Exploring the silent epidemic of obsessive bad thoughts.** New York: Dutton.

Great for understanding and challenging obsessive and intrusive thoughts usually associated with *Obsessive Compulsive Disorder*.

Greenberger, D., & Padesky, C. A. (2016). **Mind over mood: Change how you feel by changing the way you think** (2nd ed.). Guilford Press.

The foundational workbook for Cognitive Behaviour Therapy and the treatment for symptoms of depression.

Young, J.E., Klosko, J.S. **Reinventing Your Life.** Penguin Group, 1994. Great for exploring the core beliefs that were developed. Looks at how these impact our behaviours and our relationships with each other but also in how we interact with the world. Helps to understand some patterns of thinking and behaviour that can impact our experiences with *depression and anxiety*.

Anxiety

Brown, B. (2010) **The Gifts of Imperfection**. Hazelden Information & Educational Services.

Great book for challenging the need to be 'perfect' and cultivating self-compassion. Fantastic for anyone who deals with a general sense of *anxiety*, fear of failure, or finds themselves with a lot of "shoulds".

Gyoerkoe, K.L. & Wiegartz, P.S. (2006). **10 Simple Solutions to Worry**. New Harbinger.

Easy read to introduce concepts and skills from a cognitive behaviour therapy framework to help address generalized anxiety.

Inspirational

Brown, B. **Daring Greatly**. Penguin Random House, 2012.

Great book for looking at the concepts of *vulnerability* and 'wholehearted' living.

Trauma

Van Der Kolk, B. **The Body Keeps the Score: Brain, mind, and body in the healing of trauma**. Penguin Books, 2015.

Great for understanding the long-lasting impacts of *trauma* and also the body / brain's ability to heal from it.

Mental Health & Illness

Goldbloom, D., & Bryden, P. (2016). **How Can I Help? A week in my life as a psychiatrist.** Touchstone.

A brilliant description and explanation of the Ontario mental health care system, mental health legislation, and the treatment of mental illness. This book helps people to better understand the nuances of care and how to navigate the system.

Grief

Bird, A. (2023). **Grief Ally: Helping people you love cope with death, loss, and grief.** Bittersweet Tooth Publishing.

O'Connor, M.F. (2022). **The Grieving Brain: The surprising science of how we learn from love and loss.** HarperOne.

Helpful Websites & Videos

Peer website that explores the use of Dialectical Behaviour Therapy. Teaches the core concepts, includes videos, includes worksheets. Helpful for anyone struggling with managing intense emotions, but is the number one treatment modality for treating Borderline Personality Disorder.

<https://dbtselfhelp.com>

Mental health website out of Australia that lists a number of resources and also includes information sheets and worksheets for various topics including: anxiety, assertiveness, disordered thinking, perfectionism, self-esteem, worry and rumination, and many more.

<https://www.cci.health.wa.gov.au/Resources/Overview>

Canadian National Non-Profit organization providing mental health resources and programming throughout the country. Website includes information, access to resources, and access to services and program.

<https://cmha.ca>

Healthcare institution based out of Toronto but is the leader in terms of national research on mental health and addictions. Website includes significant information around mental health and mental illness.

<https://www.camh.ca> <https://kidshelpphone.ca>

Local non-profit group wanting to provide easy access to mindfulness. Includes local resources, workshops, courses, videos, and scripts.

<https://mindfulnesshamilton.ca>

A Canadian non-profit on-line support network that provides support and personalized information about advanced illness, palliative care, loss and grief, to people living with illness, family members, people working in healthcare, educators, and researchers.

<https://virtualhospice.ca>

A free online resource that helps parents support their children when someone in their life is dying or has died.

<https://kidsgrief.ca>

A peer-based support program offering services at no cost to people in Ontario dealing with the loss of a loved one.

<https://bereavedfamilies.net>

The Dougy Centre offers grief resources and toolkits specifically for children, youth, young adults, and their caregivers affected by loss and grief.

www.dougy.org

The Bereavement Ontario Network encourages information sharing and networking among individuals and organizations who come in touch with grief, bereavement and mourning.

<https://bereavementontarionetwork.ca>

Speaking free is a documentary on how to promote a more grief literate society.

<https://www.youtube.com/watch?v=0mELerISakg&t=2s>