

# Self-Help Resources

Department of Psychiatry and Psychology

## BOOKS

### Stress Management

- Abramowitz (2012). *The stress less workbook*. Oxford University Press.
- Davis et al. (2019). *The relaxation and stress reduction workbook, 7<sup>th</sup> edition*. New Harbinger.
- Stahl et al. (2019). *A mindfulness-based stress reduction workbook, 2<sup>nd</sup> edition*. New Harbinger.

### Sleep Management

- Carney & Manber (2009). *Quiet your mind and get to sleep*. New Harbinger.
- Hauri et al. (2000). *No more sleepless nights workbook*. John Wiley & Sons.
- Jacobs (2009). *Say good night to insomnia*. Griffin.

### Anxiety and Mood Management

- Addis & Martell (2004). *Overcoming depression one step at a time: the new behavioral activation approach to getting your life back*. New Harbinger.
- Antony & Norton (2008). *The anti-anxiety workbook*. Guilford Press.
- Burns (1999). *Feeling good: the new mood therapy*. Avon.
- Smits (2009). *Exercise for mood and anxiety disorders*. Oxford University Press.
- Teasdale et al. (2014). *The mindful way workbook*. Guilford Press.
- Tolin (2012). *Face your fears: a proven plan to beat anxiety, panic, phobias, and obsessions*. Wiley.

## WEBSITES

- Anxiety and Depression Association of America: [www.adaa.org](http://www.adaa.org)
- Anxiety Canada: [www.anxietycanada.com](http://www.anxietycanada.com)
- FACE COVID How to Respond Effectively To The Corona Crisis: CDC [video](#)
- Living Life to the Full: [www.lttf.com](http://www.lttf.com)



## FREE MENTAL HEALTH APPS

Mental health apps can be cost-effective, portable ways to learn and strengthen coping skills. Apps are not meant to serve as a substitute for psychological therapy. Listed below are a number of mental health apps that may be helpful. Look for apps that have a recently updated version history.

### Reviews for Mental Health Apps

- Anxiety and Depression Association of America: <https://adaa.org/finding-help/mobile-apps>
- PsyberGuide: <https://psyberguide.org/apps/>

### Stress Management

- Breathe2Relax
- Happify
- Headspace\*, Sanvello\* (free version and options for in-app purchases)
- Mindfulness Coach (VA System)
- Personal Zen
- SuperBetter

### Sleep Management

- CBT-I Coach (VA System)
- Slumber

### Anxiety and Mood Management

- Mindshift CBT (Anxiety Canada)
- Mood Mission
- PTSD Coach, CPT Coach, PE Coach (VA System)
- Worry Knot, Thought Challenger, Social Force (IntelliCare)

### Artificial Intelligence/ChatBots

- Woebot
- Youper

### Self-Monitoring

- CBT Thought Diary
- T2 Mood Tracker