

Selection of Books

- A street cat named Bob / James Bowen
- Making history / Stephen Fry
- On the rock / Andy McNab
- Where the Crawdads sing / Delia Owens

Mood Boosting

Well-being

The origins of happiness : the science of wellbeing over the life course / Andrew E. Clark et al

How to be human: the manual : with a neuroscientist and a monk / Ruby Wax

The sleep book : how to sleep well every night / Dr Guy Meadows

Mindfulness

Mindfulness for dummies / Shamash Alidina

Full catastrophe living : how to cope with stress, pain and illness using mindfulness meditation / Jon Kabat-Zinn

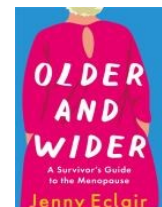
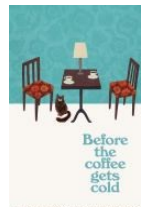
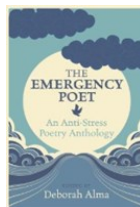
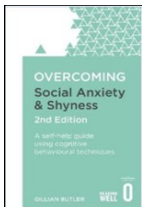
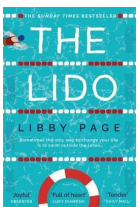
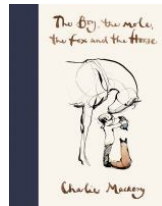
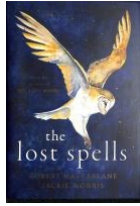
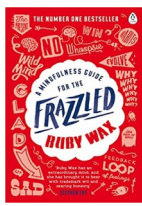
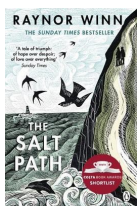
Effortless mindfulness / genuine mental health through awakened presence
Lisa Dale Miller

Self-care

An introduction to coping with anxiety /
Brenda Hogan and Lee Brosan

Overcoming low self-esteem : a self-help guide using cognitive behavioral techniques / Melanie Fennell

Living with a black dog : how to take care of someone with depression while looking after yourself / Matthew and Ainsley Johnstone



Reading for Health and Wellbeing

Hampshire Healthcare Library Service

'Knowledge through expertise'



www.hantshealthcarelibrary.nhs.uk



Hampshire Healthcare Library Service

Health and Wellbeing Books

Healthcare Library (HLS) Health & Wellbeing Book Collections

Our libraries stock a wide range of books covering Health and Wellbeing. Subjects include **Mindfulness, Meditation, Depression, Self-Esteem, Anxiety, Menopause, Dementia and Mental Health in general**. There is a vast amount of evidence that supports the value of reading to support and improve our health and wellbeing.

Explore the collections below and then search the library catalogue at www.swims.nhs.uk to find out which books we have or browse a list here. We can borrow books from other NHS libraries for you if there is a particular title that you are after that we don't have.

The Reading Agency

<https://readingagency.org.uk/adults/quick-guides/reading-well/>

The Agency recommends books that are chosen by health experts and people living with various conditions. The Reading Well scheme helps you to understand and manage your health and wellbeing with reading.

Reading Well Mood-boosting Books

<https://reading-well.org.uk/books/mood-boosting-books>

Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are all recommended by readers and reading groups.

Reading Well Books on Prescription

<https://reading-well.org.uk/books/books-on-prescription>

Helps people manage their wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

The Healthcare Libraries have some of these books on the shelves but we can get any books we don't have from other libraries for you.

Uplifting resources for the NHS from the NHS

<https://library.nhs.uk/staff-learners-and-employers/uplifting-resources/> Health Education England and the [Reading Agency](https://readingagency.org.uk/) have crowd-sourced a list of uplifting, resources for NHS staff. The books include fiction, poetry and self-help guides. The full suite of, which also include digital resources, were recommended by NHS people for NHS Ideal for boosting your mood.

Books can be borrowed from NHS libraries across England and anyone can access the poems, podcasts and videos online at their leisure via any computer or mobile device.

Royal Marsden Manual online – Chapter 19; Self-care Wellbeing for Nurses – HHFT staff only

Access is via the intranet <https://extranet.hampshirehospitals.nhs.uk/online-systems> under Online Systems or by logging in with your NHS OpenAthens account. This chapter considers why care self-care is important and explores specific strategies to maintain wellbeing.

HHFT Staff

<https://extranet.hampshirehospitals.nhs.uk/hr-and-staff-wellbeing>

SHFT 'Wellbeing Hub' at <https://intranet.southernhealth.nhs.uk/all-about-me/wellbeing-hub/>

Borrowing

You will need to join the library to borrow library books. If the library isn't staffed when you visit borrow please email us and provide your name, card number, the book title and barcode.

Further support

- **Library as a space to work, reflect and relax**
- **Chaplaincy**
- **Health & Wellbeing support in your local Trust**
- **All our libraries have PC access**
- **24 hour access available at some locations**

More resources can be found on the library website at <https://www.hantshealthcarelibrary.nhs.uk/health-and-wellbeing-resources.asp>

For full contact details and opening times for all of our libraries go to www.hantshealthcarelibrary.nhs.uk/libraries.asp

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