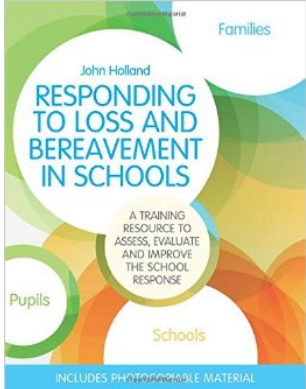
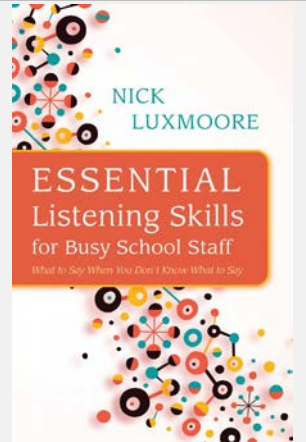

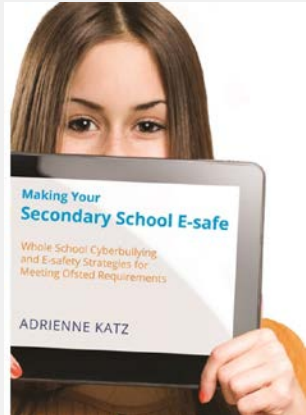


Recommended titles for Wellbeing Library: Secondary

Title	Author	Description	RRP	Image
Starving the Anxiety Gremlin	Kate Collins-Donnelly	<i>This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. Suitable to work through alone or with a parent or practitioner.</i>	£12.99	
Starving the Exam Stress Gremlin <i>(November 2017)</i>	Kate Collins-Donnelly	<i>When exam time comes around, the exam stress gremlin is in his element, feeding off your exam fears and anxieties. This workbook teaches you how to starve your gremlin by learning to cope with exam stress. Full of fun activities based on cognitive behavioural therapy, it is the ideal resource for supporting young people aged 10+</i>	£12.99	
Life Coaching For Kids	Nikki Giant	<i>A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment. Life coaching is a great way to help young people build self-esteem, set positive goals and deal with issues such as bullying, anxiety and poor body image. This practical guide to coaching young people aged 9-16 covers how it works, the benefits and how to do it. Fun activities with photocopiable worksheets to use in practice are included.</i>	£17.99	

<p>Can I tell you about Depression?</p>	<p>Christopher Dowrick and Susan Martin</p>	<p><i>This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect their family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier for her.</i></p>	<p>£8.99</p>	
<p>Can I tell you about Anxiety?</p>	<p>Lucy Willetts and Polly Waite</p>	<p><i>Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her physically and emotionally. She talks about techniques she has learnt to help manage her anxiety, and tells family, friends and teachers how they can support someone who suffers from anxiety</i></p>	<p>£8.99</p>	
<p>Can I tell you about Eating Disorders?</p>	<p>Bryan Lask and Lucy Watson</p>	<p><i>Alice invites readers to learn about how anorexia nervosa affects her daily life, and introduces Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They explain why they find food difficult and how their conditions are different.</i></p>	<p>£8.99</p>	
<p>The big book of even more therapeutic activity ideas for children and teens</p>	<p>Lindsey Joiner</p>	<p><i>Full of activity ideas and projects to teach children and teens aged 5+ social skills, anger-control strategies, conflict resolution, positive thinking, and more, this book follows on from The Big Book of Therapeutic Activity Ideas for Children and Teens. It includes over 90 activities that are adaptable for use with individuals and groups.</i></p>	<p>£19.99</p>	



Responding To Loss And Bereavement In Schools	John Holland	<i>A complete resource to provide the best possible response to pupil and staff bereavement and loss in schools. Includes guidance on communication and the importance of considered whole-school support, audit and assessment tools, as well as a full set of photocopiable exercises for in-school training</i>	£22.99	
Essential Listening Skills For Busy School Staff	Nick Luxmoore	<i>This accessible guide helps school staff members with the difficult issue of how to effectively listen and respond to pupils and staff in need of support. It covers questions such as 'what if I don't know what to say?', 'what if I don't have time?' and 'what about confidentiality?', as well as helping with issues such as bullying and self-harm</i>	£10.99	
How to create kind schools	Jenny Hulme	<i>This book tells the story of 12 innovative projects that schools across the UK are running which help to promote inclusion, tolerance and kindness and tackle issues such as homophobia, racism and truancy</i>	£15.99	
Making Your Secondary School E-Safe	Adrienne Katz	<i>Cyberbullying, sexting, grooming and other online risks are a daily reality for teenagers so there is an increasing need to effectively teach e-safety in secondary schools. This practical teaching resource for school staff outlines policy and practice and provides ready-to-use activities to help schools meet Ofsted requirements for e-safety.</i>	£22.99	

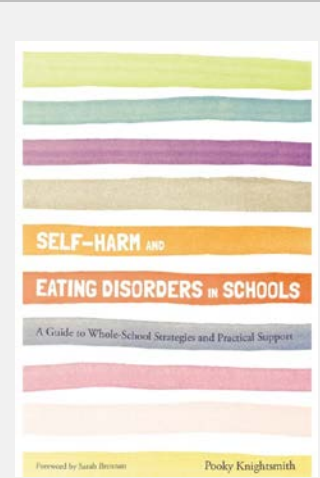
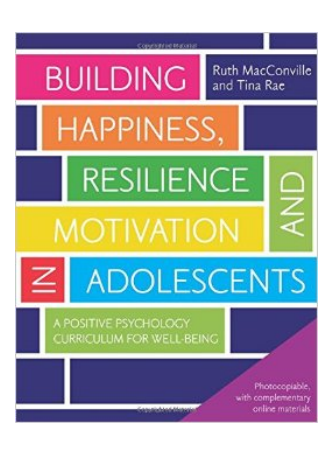




<p>A short introduction to helping young people manage anxiety</p>	<p>Carol Fitzpatrick</p>	<p><i>This book tells you everything you need to know about anxiety, its many causes and types, and associated disorders such as depression and self-harm. Case-studies help to show the effect of anxiety in real-life situations, and also provide useful tips and advice to help young people manage their symptoms.</i></p>	<p>£12.99</p>	
<p>Teen anxiety - a CBT and ACT activity book</p>	<p>Raychelle Cassada Lohmann</p>	<p><i>Teen Anxiety is a practical manual to help teens cope with and deal with anxiety. Based on Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT), it includes full guidance for professionals as well as 60 activities to use with young people. Scaling questions for assessment and graphs to track progress are also included.</i></p>	<p>£22.99</p>	
<p>Using Poetry To Promote Talking And Healing</p>	<p>Dr Pooky Knightsmith</p>	<p><i>Poetry can be a great way to get people talking about difficult issues around mental health. This book is a complete guide to using poetry for this purpose. It includes a collection of over 100 poems written by the author with accompanying activities, as well as a 50 prompts to encourage clients to write their own poems.</i></p>	<p>£14.99</p>	





Self-Harm And Eating Disorders In Schools	Dr Pooky Knightsmith	<i>A Guide to Whole-School Strategies and Practical Support</i> With steadily increasing incidences of self-harm and eating disorders among students and long waiting lists for specialised support, schools have a more active role than ever in supporting young people with these issues. This guide provides information and guidance on how to help students from whole-school policies to day-to-day strategies.	£17.99	
Building Happiness, Resilience And Motivation In Adolescents	Ruth MacConville and Tina Rae	<i>A Positive Psychology Curriculum for Well-Being</i> This resource provides a complete positive psychology programme designed to promote happiness, resilience and motivation in young people aged 11–18. It contains a section on the theory of positive psychology, guidance for facilitators on delivering the programme, and a 24-session programme to build strengths and promote well-being in young people	£24.99	



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The [Charlie Waller Memorial Trust](http://www.cwmt.org.uk), is a charity that provides [fully-funded mental health training](http://www.cwmt.org.uk) talks, and [resources](http://www.cwmt.org.uk) to young people and those who work with or care for them.

