

Recommended Resource List: Stress Management

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- *Members of the general public* should contact their local public library for interlibrary loan service for audiobook, book and DVD titles and to confirm that the local public library offers downloadable titles through [Kentucky Libraries Unbound](#).

Audiobooks

Gach, Michael Reed. **Stress Relief: Acupressure & Gentle Yoga Sessions You Can Use Anywhere**. Boulder, CO: Sounds True, 2003. Call number: [SR CD 615.8222 Gach](#)

Books

Brown, Nina W. **Uptight and in Your Face: Coping with an Anxious Boss, Parent, Spouse, or Lover**. Santa Barbara, CA: Praeger, 2011. Call number: [158.2 Brow](#)

Duncan, Todd. **Life on the Wire: Avoid Burnout and Succeed in Work and Life**. Nashville, TN: Thomas Nelson, 2011. [Download from Kentucky Libraries Unbound](#)

Elliott, Charles H. **Overcoming Anxiety for Dummies**. Hoboken, NJ: Wiley Pub., 2010. Call number: [616.852206 Elli](#)

Lupien, Sonia. **Well Stressed: Manage Stress Before It Turns Toxic**. Etobicoke, Ont.: John Wiley & Sons, 2012. [Download from Kentucky Libraries Unbound](#)

Matta, Christy. **The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger & Other Symptoms of Stress.** Oakland, CA: New Harbinger Publications, 2012. Call number: 155.9042 Matt

Melemis, Steven M. **I Want to Change My Life: How to Overcome Anxiety, Depression & Addiction.** Toronto: Modern Therapies, 2010. Call number: 158.1 Mele

Siegel, Judith P. **Stop Overreacting: Effective Strategies for Calming Your Emotions.** Oakland, CA: New Harbinger Publications, 2010. Call number: 152.4 Sieg

DVDs

Facing the Challenge of Change. 36 min. W. R. Shirah, 2004. DVD. Call number: VC DV 658.406 Faci

Sharyn Pak's Desk Sets. 54 min. On Air Video Inc., 2005. DVD. Call number: VC DV 613.71 Shar

Stress Management: A Practical Approach. 19 min. American Training Resources, 1997. DVD. Call number: VC DV 158.72 Stre

Working with Stress. 17 min. National Institute for Occupational Safety and Health, 2002. DVD. Call number: DV 158.72 Work

Websites

<http://www.stress.org/>

American Institute of Stress is dedicated to advancing the understanding of the role of stress in health and illness.

http://www.managementhelp.org/prsn_prd/time_mng.htm

Stress Management and Time Management offers information with links to web articles and other websites. This information is sponsored by the Free Management Library.

<http://www.nlm.nih.gov/medlineplus/stress.html>

Stress Management is a MedlinePlus Health Information Topic presented by the National Library of Medicine.