

SUBJECT GUIDE: EMOTIONAL WELLBEING



Are you feeling frustrated, worried, upset or angry? Do you find it difficult to maintain an optimistic mindset? During difficult periods, it can be hard to regulate our emotions and respond to events the way we would like.

Now, more than ever, is the time to look after ourselves and to find ways to meet the new challenges. With your Geelong Regional Libraries membership, you have online access to a wide range of eCollections for emotional wellbeing. Allow the following resources to be your starting point as you explore new ways of thinking and doing.

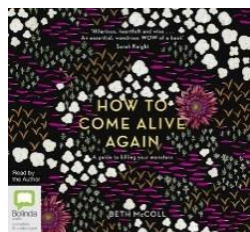
This guide is general in nature and aims to share resources and information; it should not be taken as advice or personal recommendations.

eAudiobooks on Borrowbox



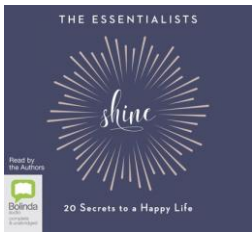
SHANNAH KENNEDY & LYNDALL MITCHELL - CREATE CALM

IGNITE is a vital resource if you want to energise your life and upgrade your game. With twenty powerful, practical skills for those in need of zest and inspiration, you'll learn how to use stress to your advantage, challenge your comfort zone, set hard-hitting goals, find your purpose and much more.



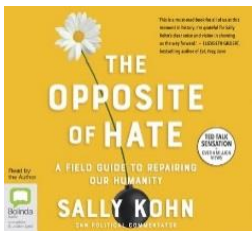
BETH MCCOLL – HOW TO COME ALIVE AGAIN: A GUIDE TO KILLING YOUR MONSTERS

How to Come Alive Again is a funny, honest, broken audiobook written by an author who could be described as the same. At a time when mental health problems are increasingly prevalent among 18–35-year-olds, Beth McColl offers up practical advice for anyone who has a mental illness or knows and loves someone else who does.



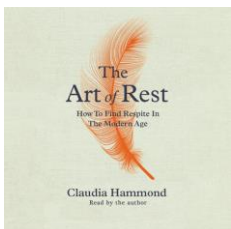
SHANNAH KENNEDY & LYNDALL – SHINE: 20 SECRETS TO A HAPPY LIFE

Discover the power of having a vision, learn how to set effective boundaries and understand why keeping a journal can make you happier. It's not about doing more – it's about doing what's right for you so that you can truly shine.



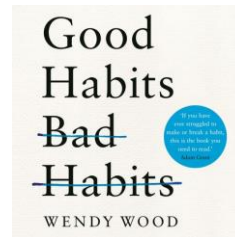
SALLY KOHN – THE OPPOSITE OF HATE: A FIELD GUIDE TO REPAIRING OUR HUMANITY

As a progressive commentator on Fox News and now CNN, Sally Kohn has made a career out of bridging intractable political differences and learning how to talk respectfully with people whose views she disagrees with passionately. But these days even famously 'nice' Kohn finds herself wanting to breathe fire at her enemies. It was time, she decided, to look into the epidemic of hate all around us and learn how we can stop it.



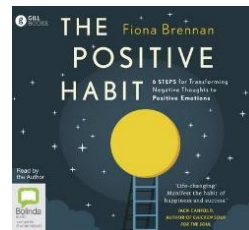
CLAUDIA HAMMOND – THE ART OF REST

Today busyness has become a badge of honour. We want to say we're busy, yet at the same time we feel exhausted. Instead we should start taking rest seriously as a method of self-care and this book can help us to work out how.



WENDY WOOD – GOOD HABITS BAD HABITS

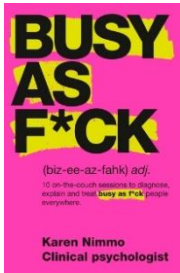
Drawing on three decades of original research, Wendy Wood shows how habits are stress-resistant, that varying rewards leads to faster and more effective habit formation, and why the oft-repeated idea that forming a habit takes twenty-one days is wrong. Explaining the fascinating science of how habits form, Wood provides the key to unlocking our habitual mind in order to make the changes we seek.



FIONA BRENNAN – THE POSITIVE HABIT: 6 STEPS FOR TRANSFORMING NEGATIVE THOUGHTS TO POSITIVE EMOTIONS

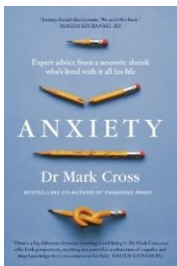
Love, calmness, confidence, gratitude, hope and happiness: these are the six emotions that tip the balance of our mindset in favour of a positive outlook rather than a negative one. Wouldn't it be great to feel more of these positive emotions? Now you can with Fiona Brennan's ultimate manual for the mind.

eBooks on Borrowbox



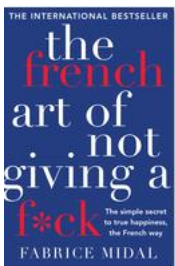
KAREN NIMMO – BUSY AS F*CK

When did busy become a badge of honour? In 10 on-the-couch sessions, New Zealand clinical psychologist Karen Nimmo diagnoses, explains and treats Busy as F*@K syndrome, the condition that's consuming us all, whether we realise it or not.



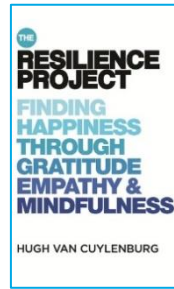
DR MARK CROSS – ANXIETY

Expert advice from a neurotic shrink who's lived with it all his life He looks at treatments, both medical and natural, and offers his own experiences as well as stories from others to help sufferers lead great lives while living with anxiety.



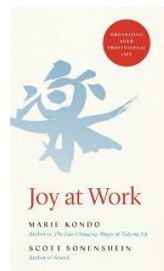
FABRICE MIDAL – THE FRENCH ART OF NOT GIVING A F*CK

*The French Art of Not Giving a F*ck* grants each of us permission to stop doing the things that don't make us happy, so we have room in our lives for the things that do.



HUGH VAN CUYLENBURG – THE RESILIENCE PROJECT

Hugh van Cuylenburg was a primary school teacher volunteering in northern India when he had a life-changing realisation: despite the underprivileged community the children were from, they were remarkably positive. In time he came to recognise the key traits and behaviours these children possessed were gratitude, empathy and mindfulness.



MARIE KONDO & SCOTT SONENSHEIN – JOY AT WORK

How to apply the famous Konmari Method to your work life, by decluttering your desk and brightening up your business, for better work/life balance, creativity, productivity and focus.



AUDREY DEAN – STAY STRONG

Feeling pain is unavoidable, but it's also a reminder that you're living fully. With sage words and some lateral thinking, Audrey Dean reframes emotional experiences so you can conquer the lowest lows and live your best life.

Magazines on PressReader



PREVENTION MAGAZINE AUSTRALIA

Packed with inspiration and motivation, *Prevention* magazine makes living a healthier lifestyle easier than you ever thought possible. Its unrivalled credentials make it your go-to for breakthrough health news and views you can trust.



GOOD HEALTH

Every issue is packed with information - cutting edge medical advances, psychology, relationship, kids, food, beauty and much more. Above all, Good Health wants to empower its readers with a sense that they can do something positive to enjoy a long and healthy life.

Films on Kanopy



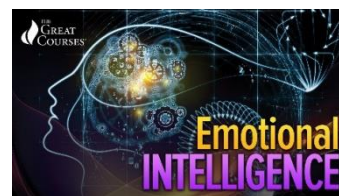
EMOTIONAL INFLUENCES ON DECISION MAKING

Have you ever driven a bit recklessly when you felt angry or frustrated? If so, you know that emotions affect our decisions. Recently, scientists have discovered that our emotions play an even larger role than previously thought; in fact, they are an integral and necessary part of our cognitive machinery. Find out in episode 7 of *How You Decide: The Science of Human Decision Making*.



EMOTIONS: WHERE MIND AND BODY MEET

We all know emotions can affect the body - e.g., heart-pounding fear, tears of joy. But can the physical body affect emotions as well? And could emotions be a requirement for rationality itself? You'll be surprised by the latest research on the very complex relationships between body, mind, and emotion explored in episode 14 of *Mind-Body Philosophy*.



BOOSTING YOUR EMOTIONAL INTELLIGENCE [24 EPISODES]

Dr. Jason Satterfield will teach you how to identify, monitor, and regulate your own emotions - instead of letting your emotions run the show - and how to manage emotions in others. With the skills you learn from this exciting interactive course, you will be able to improve your emotional intelligence [EQ] now and throughout your life.



WORK PLACE EXCELLENCE: WELLBEING & BALANCE

Healthy people with work-life balance will be happier and more productive. Find out ways your workplace can improve everyone's health and emotional wellbeing.



E-MOTION: HELPING PEOPLE LET GO OF NEGATIVE EMOTIONS

Imagine emotion experts from around the world sharing their wisdom and negative emotion clearing techniques to light a new pathway for humanity. Acclaimed documentary E-MOTION shows that we are sacred, spiritual beings here for a much larger reason, serving a much higher purpose, a divine purpose.



ALL THE RAGE: THE CONNECTION BETWEEN PAIN AND EMOTIONS

Dr. John Sarno's bestselling book *Healing Back Pain* was first published in the 1980's, and when co-director Michael Galinsky's father read it he was cured of chronic whiplash. This artful and personal film braids Galinsky's universal story of pain and emotion together with the story of Dr. Sarno's work, connecting the audience to both the issues and the emotions at play.

Web resources

Please note that these are external resources.

[Headspace](#)

Youth mental health and wellbeing.

[Smiling Mind](#)

To foster positive mental health habits together.