

## Resources

### Websites

UCLA Mindful Meditations (guided) – podcasts – iTunes U.

Mental Health America: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) (select/search for stress)

American Psychological Association: <http://apahelpcenter.org/articles> (select work/stress)

### Books

*Learning to Ride Elephants: Teaching Happiness and Well-Being in Schools.* 2009. Ian Morris. Continuum Publications.

*Stress Can Really Get on Your Nerves.* 2000. Romain & Verdick. Free Spirit Publications.

*Teaching Stress Management: Activities for Children and Young Adults.* 2011. Tummers. Human Kinetics Publishing.

*Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything.* 2009. Schoeberlein. Wisdom Publications.

*The Frazzled Teachers Wellness Plan: A Five-Step Program for Reclaiming Time, Managing Stress, and Creating a Happy Lifestyle.* 2004. Queen & Queen. Corwin Press.

*Smarts & Stamina: The Busy Person's Guide to Optimal Health and Performance.* 2011. Shaar & Britton. Positive Psychology Press.

*Positivity.* 2009. Fredrickson. Crown Publishing.

*Flourish: A Visionary New Understanding of Happiness and Well-Being.* 2011. Seligman. Free Press.

*Stress Less The New Science that Shows Women How to Rejuvenate the Body & Mind.* 2010. Singer. Hudson Street Press.

*The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate.* 2010. Greenland. Free Press.

*A Mindfulness-Based Stress Reduction Workbook* (includes guided meditation CDs). 2010. Stahl & Goldstein. New Harbinger Press.

*10 Mindful Minutes: Giving Our Children and Ourselves the Social and Emotional Skills to Reduce Stress and Anxiety for Happier, Healthier Lives.* 2011. Hawn. Perigee Press.

*Stress and Health: Biological and Psychological Interactions.* 2<sup>nd</sup> ed. 2005. Lovallo. Sage Publications.