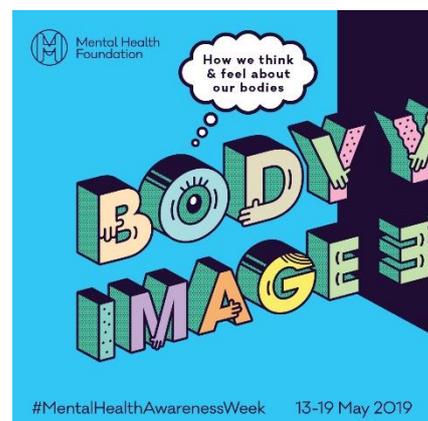


Mental Health Awareness Week 2019, 13 – 19 May 2019

Mental Health Awareness week this year focuses on how we think and feel about our bodies. To mark this we have compiled the following reading list highlighting books from our Health Reading Collections (www.aberdeencity.gov.uk/health), general fiction, articles and information from online resources and organisations that can help you explore the topic of body image.



Books

You can find and reserve these books through our library catalogue (<https://aberdeencity.spydus.co.uk>). Some titles are available in multiple formats.

Poetry and Short Stories

- Ayres, Pam, “I’m going to be surgically enhanced” in *Surgically Enhanced* by Pam Ayres (London: Hodder & Staughton, 2006), pp. 1 – 3.
- Barker, Greg, “Hi there, ugly!” in *Chicken Soup for the Teenage Soul II; 101 more stories of life, love and learning* ed. by Jack Canfield, Mark Victor Hansen & Kimberley Kirberger, (London: Vermillion, 2005), pp. 314 – 315.
- Donovan Elisa, “Already perfect” in *Chicken Soup for the Teenage Soul II; 101 more stories of life, love and learning* ed. by Jack Canfield, Mark Victor Hansen & Kimberley Kirberger, (London: Vermillion, 2005), pp. 135 – 138.
- Gardner Jessica, “Beautiful, she said” in *Chicken Soup for the Teenage Soul II; 101 more stories of life, love and learning* ed. by Jack Canfield, Mark Victor Hansen & Kimberley Kirberger, (London: Vermillion, 2005), pp. 166 -168.
- Joseph, Jenny, “Warning” in *Penguins Poems for Life* selected by Laura Barber (London: Penguin Books Ltd., 2007), p. 262.

Fiction

- Palacio, R.J., *Wonder* (London: Random House Publishing, 2012)
- Murphy, Julie, *Dumplin* (New York: Balzer + Bray, 2015)

Healthy Reading

at Aberdeen City Libraries

- Walker, Sarai, *Dietland* (London: Atlantic Books, 2016)
- Williamson, Lisa, *The art of being normal* (Oxford: David Fickling Books, 2016)

Biographies

- Elman, Michelle, *Am I ugly?* (London: Anima, 2018)
- Howard, Charli, *Misfit: there's no such thing as normal* (London: Penguin Books, 2019)
- Martinez, Francesca, *What the **** is normal?* (London: Penguin Random House UK, 2014)
- Piper, Katie, *Beautiful.* (London: Ebury Press, 2011)
- Wan, Gok, *Through thick and thin; my autobiography.* (London: Ebury Press, 2010)

Non-Fiction/ Self Help

- Veale, David., Willson, Rob, & Clarke, Alex, *Overcoming body image problems including body dysmorphic disorder; a self-help guide using cognitive behavioural techniques* (London: Robinson, 2009)
- Fairburn, Chris G. (Dr), *Overcoming binge eating 2nd ed.* (New York: The Guilford Press, 2013)
- Lask, Bryan, & Watson, Lucy, *Can I tell you about eating disorders? A guide for friends, family and professionals* (London: Jessica Kingsley Publishers, 2014)
- Callaghan, Lauren, *Body image problems & body dysmorphic disorder: the definitive treatment and recovery approach* (Newark, Nottinghamshire: Trigger, 2016)
- Jones, Grace, *Body image and the media* (King's Lynn, Norfolk: BookLife, 2018)
- Acred, Cara (ed.), *Body confidence* (Cambridge: Independence, 2016)
- Rooke, Margaret, *You can change the world!; everyday teen heroes who dare to make a difference* (London: Jessica Kingsley Publishers, 2019)

Library Online Resources

You can access these online resources and others through our online resources page available at <http://www.aberdeencity.gov.uk/library>

Access to Research

There is a wealth of research on body image and self-esteem from various different perspectives available through Access to Research here are a few different examples:

- Hofmeier, Sara M., et al. "Body image, aging, and identity in women over 50: The Gender and Body Image (GABI) study" in *Journal of Women and Aging* 29(1), (2017), pp. 3-14. [accessed 14 May 2019]
- Lonergan, Alexandra Rhodes, et al. "Me, my selfie, and I: The relationship between editing and posting selfies and body dissatisfaction in men and women" in *Body Image*, 28, March, (2019), pp. 39-43. [accessed 14 May 2019]
- Pallotti, Francesca et al., "'You See Yourself Like in a Mirror": The Effects of Internet-Mediated Personal Networks on Body Image and Eating Disorders" in *Health Communication* 33(9), (2018) pp.1166-1176. [accessed 14 May 2019]
- Swami, Viren "Sketching people: Prospective investigations of the impact of life drawing on body image" in *Body Image*, 20, March, (2017), pp. 65-73. [accessed 14 May 2019]

We have produced a [video guide](#) to assist with understanding health information and research.

Issues Online

There is a whole section on body image within this resource. Some examples of featured articles are listed below:

- Selfies: the good, the bad and the downright irritating
- When a negative body image becomes a mental health condition
- Boys and body image
- Ten signs that you have body dysmorphia and 15 things to fix it

External Websites and Organisations

ACVO mental health directory (<http://acvo.org.uk/resources/mental-health/mental-health-directory>): Directory listing 3rd Sector Mental Health Service Provision in Aberdeen City. This is not only across the sector but at National and Local levels too – all of which highlights the broad range and quite diverse spectrum of services available.

Be Real Campaign (www.berealcampaign.co.uk): The Be Real Campaign is determined to change attitudes to body image and help all of us put health above appearance and be confident in our bodies.

Health Point (NHS Grampian): one stop health information point, offering free confidential information, advice and access to reputable services, in a friendly welcoming environment.

Mental Health Aberdeen (<https://www.mha.uk.net>): local charity that provides counselling and information services to adults and young people experiencing difficulties related to their mental health and wellbeing.

Mental Health Foundation (<https://www.mentalhealth.org.uk>): UK Charity behind the annual Mental Health Awareness Week. Their work centres around to help people understand, protect and sustain their mental health with an emphasis on prevention.

Penumbra (<http://www.penumbra.org.uk/>): Scottish charity supporting individuals with their mental health and wellbeing