



Supporting your mental health heading into winter

As the nights draw in our mental wellbeing can dip. This reading list links to the themes and topics of events that were held during October 2019 at Aberdeen City Libraries that supported mental health and wellbeing.

Explore more with our books, ebooks and audiobooks



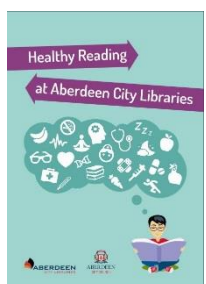
Be Free: a holistic guide to freedom from anxiety, stress and low mood for life by Susi McWilliam.

Be Free guides the reader simply through natural solutions, ideas and exercises to fit in with everyday life that can help with anxiety, low mood, panic and stress. Written by local author and anxiety coach Susi McWilliam based upon her own experiences with overcoming anxiety.



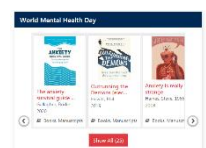
Unbroken by Madeleine Black

At the age of just thirteen, Madeline Black faced more physical and emotional trauma than most ordinary people do in a lifetime. Violently gang raped and abused, Madeline became haunted by these horrendous events and - for years - was unable to overcome the psychological scars that followed her every waking moment. Eventually, she decided to confront her demons head-on: forgiveness would define her pathway to a new life. This is Madeline's own story of gut-wrenching adversity, determination and sheer inner strength.



Healthy Reading Collections

Our [healthy reading collections](#) contain a number of titles which are designed to help with mental health including depression, anxiety and stress. You will find self help titles (including titles on mindfulness), real life experience titles and mood boosting fiction titles. Where possible titles are available as eBooks and eAudiobooks through [Borrowbox](#) our eBook and eAudiobook service. Download the App or view on a computer desktop.



World Mental Health Day Book List

A recommended reads list was compiled for World Mental Health Day and can be our [library catalogue](#) throughout October 2019. If you wish access to the list following October email healthinfo@aberdeencity.gov.uk.

Explore more with Access to Research



The following journal articles listed below and many more can all be accessed through Access to Research one of our online resources which is accessible within our libraries. We recommend if you are not used to reading journal articles that you take a look at our [Navigating Health Information Online videos](#).

- Good, D.J. et. al. 2016, "Contemplating Mindfulness at Work: An Integrative Review", *Journal of Management*, vol. 42, no. 1, pp. 114-142.
- de Souza Cavalcante, R. et. al. 2016, "Effect of the Spiritist "passe" energy therapy in reducing anxiety in volunteers: A randomized controlled trial", *Complementary therapies in medicine*, vol. 27, pp. 18.
- Lomas, T., Cartwright, T., Edginton, T. & Ridge, D. 2013, "I was so done in that I just recognized it very plainly, "You need to do something": Men's narratives of struggle, distress and turning to meditation", *Health*, vol. 17, no. 2, pp. 191-208.
- Menahem, S. & Love, M. 2013, "Forgiveness in Psychotherapy: The Key to Healing", *Journal of Clinical Psychology*, vol. 69, no. 8, pp. 829-835.
- Murnieks, C.Y., et. al. 2019, "Close your eyes or open your mind: Effects of sleep and mindfulness exercises on entrepreneurs' exhaustion", *Journal of Business Venturing*,
- Murphy, S.B., Moynihan, M.M. & Banyard, V.L. 2009, "Moving Within the Spiral: The Process of Surviving", *Affilia*, vol. 24, no. 2, pp. 152-164.
- Schitter, A.M., Nedeljkovic, M., Ausfeld-Hafter, B. & Fleckenstein, J. 2016, "Changes in self-reported symptoms of depression and physical well-being in healthy individuals following a Taiji beginner course – Results of a randomized controlled trial", *Brain and Behavior*, vol. 6, no. 4, pp. e00429-n/a.
- van Gelderen, M., Kibler, E., Kautonen, T., Munoz, P. & Wincent, J. 2018, "Mindfulness and Taking Action to Start a New Business", *Journal of Small Business Management*,
- Westmarland, N. & Alderson, S. 2013, "The Health, Mental Health, and Well-Being Benefits of Rape Crisis Counseling", *Journal of Interpersonal Violence*, vol. 28, no. 17, pp. 3265-3282

Explore more through the internet

Breathing Space and Living Life (<https://breathingspace.scot>) - free, confidential, phone services and counselling for anyone in Scotland experiencing low mood, depression or anxiety.

The Forgiveness Project (www.theforgivenessproject.com) - The Forgiveness Project shares stories of forgiveness in order to build hope, empathy and understanding. This is where Madeleine Black first publicly shared her story.

Mental Health Foundation (www.mentalhealth.org.uk) – resources, information and support from the “UK’s charity for everyone’s mental health.”

Rape Crisis Grampian (www.rapecrisisgrampian.co.uk) - offer support and information to anyone over 13 years old who has been raped or sexually abused at any time in their life.

SAMH (www.samh.org.uk/about-mental-health) – resources, information and support from Scotland’s national mental health charity.

Explore more about our speakers

Spirit and Soul (<https://www.spiritandsoul.me>) – Susi McWilliam’s website author of Be Free.

Madeleine Black – Speaking out against sexual violence (<https://madeleineblack.co.uk>) - Madeleine Black’s website author of Unbroken.

Mindfulness Energy (<https://www.mindfulnessenergy.com>) - Angela Wilken’s website.