

St Thomas More RC Academy Library

~~~~READING WELL -FIND SHELF HELP IN THE LIBRARY~~~~

## Books for well being, mental health and empathy



This booklist is for young people and recommends expert endorsed books about mental health, providing 12 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

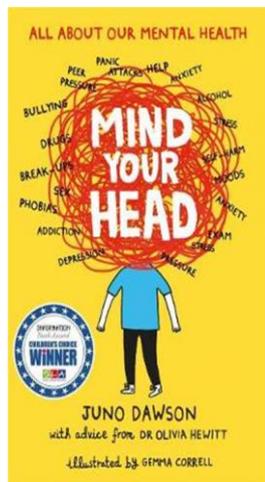
Readers can experience the power of empathy through books. Scientists say that we can train our brain with stories, as the more we empathise with characters, the more we can understand other people's feelings.

The books have all been recommended by young people, librarians and health professionals.

Enjoy!

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."

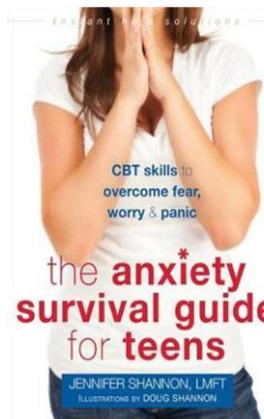
*Alfred Adler*



### **Mind Your Head**

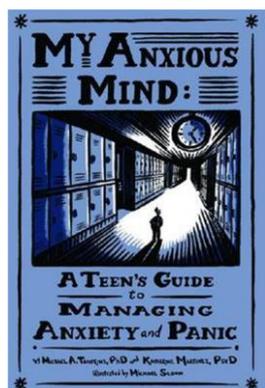
**Juno Dawson**

A frank, funny and factual book covering topics from anxiety and depression to addiction, self-harm and personality disorders. Juno talks clearly about a range of issues facing young people's mental health – whether fleeting or long-term – and how to manage them



### **The Anxiety Survival Guide Teens – Jennifer Shannon**

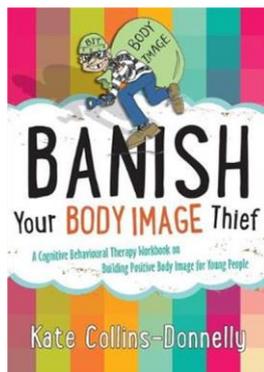
Do you have problems with anxiety? The Anxious Teen Survival Guide is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.



### **My Anxious Mind**

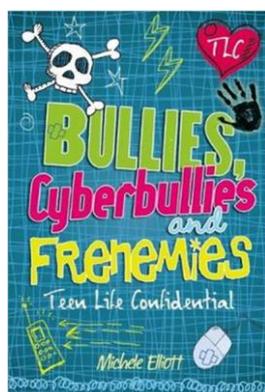
**Michael A Tompkins**

Anxiety can make everything seem unmanageable – from dealing with family and friends to managing schoolwork and extracurricular activities. This book helps take control of anxious feelings by providing strategies to promote confidence and empowerment.



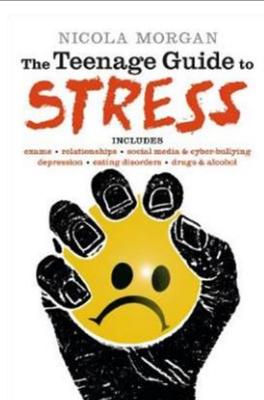
### **Banish Your Body Image Thief Kate Collins - Donnelly**

This brilliant workbook is full of activities and strategies to build a positive body image. Using behavioural techniques, it shows how to banish negative thoughts and feelings and build self-esteem, positive beliefs and a healthy body image.



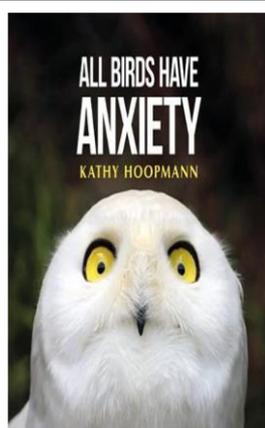
### **Bullies, Cyberbullies and Frenemies – Michelle Elliott**

Friendships and peer relationships can be difficult. Many face bullying of some kind or another, whether in person or on the Internet or social media. This is a friendly, and practical guide to navigating these tricky relationships, and beating the bullies



### **The Teenage Guide to Stress Nicola Morgan**

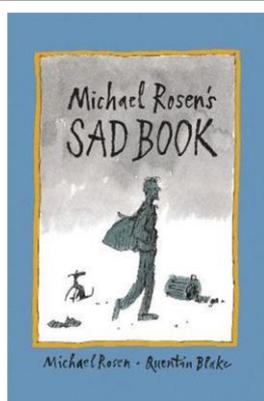
Essential reading for teenagers and adults. A fantastically wide-ranging, reassuring, eye-opening and comprehensive look at the stresses many teenagers face, empowering them to take control of their mental health and wellbeing.



### **All Birds Have Anxiety**

**K Hoopmann**

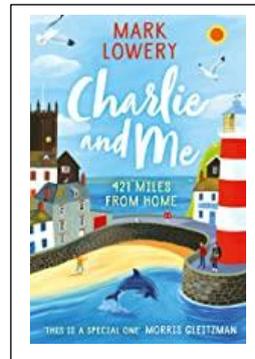
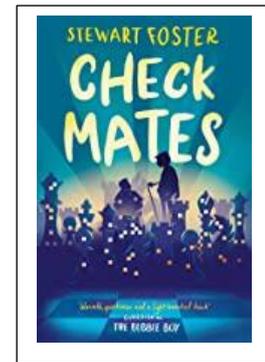
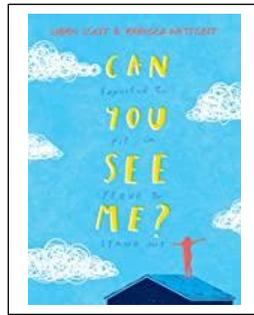
Through a light-touch, depiction of bird behaviour, All Birds Have Anxiety uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it.



### **Michael Rosen's Sad Book**

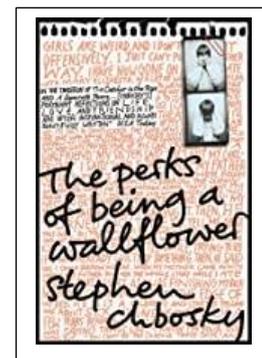
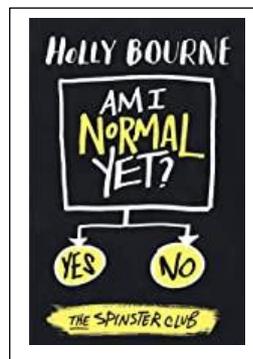
A chronicle of grief. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.

The Goldfish Boy – Lisa Thompson  
 Worry Angels – Sita Brahmachari  
 Back to Blackbrick – Sarah Moore Fitzgerald  
 Charlie and Me – Mark Lowery  
 George – Alex Gino  
 Wonder – R J Palacio  
 Check Mates – Stewart Foster  
 Fairy Boys – Daniel Tawse  
 Can You See Me? – Libby Scott  
 Looking at the Stars – Lewis Hine



## Young Adult

I'll Give You the Sun – Jandy Nelson  
 Kite Spirit – Sita Brahmachari  
 The Perks of Being a Wallflower – Stephen Chbosky  
 The Curious Incident of the Dog in the Night-Time – Mark Haddon  
 Tyranny – Lesley Fairfield  
 The Unlikely Hero of Room 13B – Teresa Toten  
 Toffee – Sarah Crossan  
 Jemima Small Versus the Universe – Tamsin Winter  
 All About Mia – Lisa Williamson  
 The art of being Normal – Lisa Williamson  
 Am I Normal Yet? – Holly Bourne  
 Every Day – David Levithan



Want to find out more?

<https://www.empathylab.uk/>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>