

Stress Management & Relaxation



Books

1. **The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions** by Matthew McKay et al., Instant Help Publishing, (2009) ISBN:9781572245822
2. **Healing Images for Children: Teaching Relaxation and Guided Imagery to Children Facing Cancer and Other Serious Illnesses** by Nancy Klein, Inner Coaching (2001) ISBN:9780963602725
3. **The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate** by Susan K Greenland, Free Press (2010) ISBN:9781416583004
4. **Parenting Your Stressed Child: 10 Mindfulness-Based Stress Reduction Practices to Help Your Child Manage Stress and Build Essential Life Skills** by Michelle L. Bailey, New Harbinger Publications (2011) ISBN:9781572249790
5. **RELAX.calm : Helping Teens Manage Stress Using Relaxation & Guided Imagery** by Jeffrey S. Allen et al., Inner Coach (2011) ISBN:9780963602794
6. **The Relaxation and Stress Reduction Workbook** by Martha Davis et al., New Harbinger Publications (2008) ISBN:9781572245495
7. **The Goodnight Caterpillar: A Children's Relaxation Story to Improve Sleep, Manage Stress, Anxiety, Anger** by Lori Lite, Stress Free Kids (2011) ISBN:9781937985004
8. **Sea Otter Cove: A Relaxation Story Introducing Deep Breathing To Decrease Stress And Anger While Promoting Peaceful Sleep** by Lori Lite, Stress Free Kids (2008) ISBN:9780978778187
9. **The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress** by Gina Biegel, Instant Help Publishing (2010) ISBN:9781572246973
10. **101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between** by Allison Bartle, Hunter House (2007) ISBN:9780897934930

Websites

http://kidshealth.org/teen/your_mind/emotions/stress.html
<http://www.aacap.org> (use search term "stress management")
<http://www.family-stress-relief-guide.com/index.html>

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

