

# Pathfinder Series: Mental Health

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*The 10 Best-Ever Anti-Anxiety Management Techniques* / Margaret Wehrenberg.  
5.8.7 2008

A helpful, practical book for anyone dealing with anxiety issues. The author gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day-to-day basis.

*The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* / Martin M. Antony and Peter J. Norton. 5.8.6 2009

A book to help you understand what anxiety is and how it can get out of control, identify your own anxiety triggers, develop a plan for confronting anxiety-causing situations, learn about medications and find the right professional help if you need it.

*Exercise For Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being* / Michael W. Otto and Jasper A.J. Smits. 5.14.3 2011

Research shows that regular exercise can help improve low mood - from feelings of stress and anxiety to full-blown episodes of depression. This book provides step-by-step guidance on how to start and maintain an exercise program geared towards improving mood, with a particular emphasis on understanding the relationship between mood and motivation.

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* / Jon Kabat-Zinn. 5.8.2 2013

Based on the author's renowned mindfulness-based stress reduction program, this classic, groundbreaking work shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

*Mindfulness Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life* / Linda E. Carlson and Michael Speca. 5.8.18 2010  
Created by leading psychologists specializing in oncology, the Mindfulness-Based Cancer Recovery program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga that can benefit cancer patients and survivors.

*The Relaxation & Stress Reduction Workbook* / Martha Davis, et al. 5.8.1 2008  
Step by step directions for the mastery of progressive relaxation, self-hypnosis, meditation, autogenics, visualization, refuting irrational ideas, nutrition, coping skills training, exercise, assertiveness, etc.

## Websites

### **American Cancer Society – Coping With Cancer**

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/coping.html>

This section of the ACS website is designed to help patients and caregivers determine how they are coping with cancer, treatment, side effects and more. The site also offers tips and healthy coping strategies as well as links to other resources for more information.

### **Anxiety Canada**

<http://www.anxietycanada.ca/>

The site describes symptoms for the anxiety disorders including obsessive compulsive, panic, post-traumatic stress, and others. The free downloadable resources section offers publications and links for further information and help.

### **Anxiety Treatment and Research Clinic (ARTC)**

<http://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc>

This is a great collection of information, resources and contacts for anxiety and related disorders. The ARTC, located at St. Joseph's Hospital in Hamilton is a leader in evidence-based clinical service, education, and research.

### **Canadian Mental Health Association**

<http://www.cmha.ca/>

CMHA's website has information about national programs and guides to learning about mood, anxiety, bipolar, panic and obsessive-compulsive disorders. Quizzes about your mental health, a blog, and an events calendar are also included.

### **Centre for Addiction and Mental Health**

<http://www.camh.net/>

CAMH has one of the most comprehensive websites for mental health information. Find details on programs, disorders and treatments, community services, educational materials, a library of resources, how to ask for and find help, and other useful information for patients, family members, and the general public

### **National Cancer Institute – Coping with Cancer**

<http://www.cancer.gov/cancertopics/coping>

The NCI's "Coping with Cancer" site includes information about emotional concerns, as well as physical side effects cancer treatment can cause. Family issues, self-image, relaxation, support for caregivers and more are covered in this comprehensive website.