

Wellbeing Self-Help Resources

For urgent support in a crisis **Breathing Space**: 0800 83 85 87, **Samaritans** 116 123, **NHS 24**: 111

Camphill Wellbeing Trust Resources

Time for Self – Breathing, Meditation, Reflection and Gratitude <https://www.camphillwellbeing.org.uk/timeforself/>

Help Yourself – videos for ointments, ginger patches, foot baths <https://www.camphillwellbeing.org.uk/help-yourself/>

Health Matters – newsletter with self-help advice <https://www.camphillwellbeing.org.uk/publications/> Topics:

Issue 22: 3 type questionnaire **23**: Movement, **24**: Sleep, **25**: Nutrition, Issue **26** and **27**: Time for yourself

Mindfulness Resources

Video: Mindfulness Explained - 3-minute video – what it is, how it helps <youtu.be/mjtfyuTTQFY>

Video: 3 minute breathing space meditation by Prof Mark Williams <youtu.be/rOne1P0TKL8>

Video: STOPP technique (brief CBT you can do to calm & centre any time) <youtu.be/3NHZkQ57wzE>

BeMindful <bemindfulonline.com> – a Mindfulness-Based Cognitive Therapy (MBCT) digital therapeutic course

Centre for Clinical Interventions <www.cci.health.wa.gov.au> self help workbooks covering many conditions including Anxiety, Assertiveness, Appearance Concerns, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem, Sleep, Social Anxiety, Tolerating Distress, Worry and Rumination

Get Self Help <www.get.gg> Website provides CBT [self help](#) and therapy resources, including worksheets, information sheets and self-help mp3s. Includes “[Safe space meditation](#)”, [help for feeling overwhelmed or suicidal including a grounding exercise](#) and coping with suicidal thoughts and the [STOPP](#) skill

Self-Compassion and Emotional Healing Resources

Video: Introducing Self-Compassion <youtu.be/ila-A9mZHAE> an explanation of self-compassion and how it helps

Self-Compassion Exercises at <self-compassion.org/category/exercises>, <compassionatemind.co.uk/resources>

Tara Brach <tarabrach.com/guided-meditations> guided mindfulness meditation, self-compassion, Buddhist teachings, transform pain, heal trauma. Most helpful resources: **Rain Meditations**: <tarabrach.com/rain> and

Learning to Respond, Not React (change fight/flight/freeze response) <tarabrach.com/learning-to-respond-not-react/>

More information at <centerformsc.org>. **More resources**: Search this document for “compassion”

Websites with Information and Work Books

ALISS <www.aliss.org> A Local Information System for Scotland: local resources to support your wellbeing

HeartMath <heartmath.co.uk> scientifically validated breathing & biofeedback system for relaxation and resilience

Living Life to the Full <www.lttf.com> a life skills course & resource collection including help with anxiety, depression, anger, alcoholism etc.

Mind <www.mind.org.uk/> is the leading mental health charity in England and Wales. The website offers information on **food and mood**, relaxation exercises, sleep problems, mindfulness, nature, parenting and exercise

NHS Inform Mental Wellbeing <www.nhsinform.scot/healthy-living/mental-wellbeing> huge range of Self help guides and audio tracks for Anxiety, Anger, Assertiveness, Bereavement, Chronic Pain, Depression, Obsessions & Compulsions, Panic, Post Traumatic Stress, Problem Solving, Shyness and Social Phobias, Sleep Problems and Stress

NTW Self-Help Guides <web.ntw.nhs.uk/selfhelp/> CBT workbooks and information: anxiety, depression/post-natal depression, OCD, self-harm, prison anxiety/depression, eating disorders bereavement, sleep problems, abuse, PTSD, domestic violence, anger, alcohol and you, delusions and hallucinations, and more

Royal College of Psychiatrists- <www.rcpsych.ac.uk/mental-health/problems-disorders> high quality information on mental health conditions, chronic pain, medically unexplained symptoms, sleep problems and more

South Glasgow Wellbeing Service <wellbeing-glasgow.org.uk> NHS Greater Glasgow and Clyde Resource which includes self help materials for issues including low mood, anger, stress, anxiety and poor sleep

Yoga for Chronic Pain article <yogainternational.com/article/view/restorative-yoga-for-chronic-pain>

Yoga Videos Free online videos to inspire you, including Yoga for Chronic Pain <yogawithadriene.com>

Audio Tracks Online

Excel at Life excelatlife.com/downloads.htm Mindfulness, compassion, relaxation, progressive muscle relaxation

General relaxation, sleep & progressive muscle relaxation www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress/#audio-breathing-and-relaxation-playlist

Pain Association Audio Tracks painassociation.co.uk/listen professionally recorded sessions with a variety of approaches from simple breathing techniques to in-depth visualisation to help with anxiety, stress, pain & sleep

Sound Health Tracks: bhma.org/sound-health for insomnia, pain, stress, focus on peace, relaxation, mindful breath

Books

Manage Your Mind by Gillian Butler and Tony Hope – popular book with strategies for keeping mentally healthy

Manifesting Your Best Future Self by Dr Peter Gruenewald – a highly effective approach to build resilience and trade tension, fear, anxiety, anger, and sadness for love, appreciation, gratitude, and enthusiasm, even under pressure

Mindfulness for Health: A practical guide to relieving pain, reducing stress and restoring wellbeing by Vidyamala Burch and Dr Danny Penman – a practical programme for relieving pain, managing illness and boosting wellbeing with mindfulness meditation – as effective as painkillers in relieving pain and managing chronic illness

Overcoming Anxiety, Stress and Panic and **Overcoming Depression** by Chris Williams – Self-Help CBT Program (some of the content available online as LLTF.com)

Self-Compassion (book) and Self-Compassion Step by Step (audible audiobook) by Dr Kristin Neff – a great guide to exploring and transforming how we feel and how we respond to our suffering with caring attention

The Power of Now and other books by Eckhart Tolle – take us into present moment. Paperback, audio, kindle

The Things You Can See Only When You Slow Down and **Love for Imperfect Things** by Prof. Haemin Sunim – concise wisdom on living a calmer, more fulfilling, more contented and less conflicted life

You Can Heal Chronic Illness by Frances Goodall – a guide to recovery from chronic functional illnesses

Smartphone Apps (on Google Play and iTunes)

- **Calm** – versatile and popular app with audio tracks for relaxation, meditation & sleep - from nature sounds, stories and music through to mindful movement, breathing exercises, inspiration & meditation. **Paid for**
- **HeadSpace** – a simple stepwise progression towards learning mindfulness. Some parts are **paid for**
- **I am sober** – addiction buddy for quitting any activity or substance: daily tracking, motivational quotes etc
- **Mindfulness App** – mindfulness, compassion, body scan, mindful yoga & walking www.mindfulness-app.com
- **Resony** – build resilience & manage stress – reflection, CBT, progressive muscle relaxation, resonance breathing training. See www.resony.app and accompanying book **Manifesting Your Best Future Self**
- **Sanvello** – CBT, mindfulness, journaling and more, designed for people with depression/anxiety
- **Smiling Mind** – Australian mindfulness app – full training from beginner stage and specific tracks to help wellbeing, sleep, stress reduction, performance, concentration, relationships, sport, mindful eating
- **Meditation Rx** meditations for people dealing with illness, learning to meditate, breathing exercises, help to sleep, relax in a medical setting, pain relief. Also iSleep Easy, walking meditation etc. @ meditationoasis.com
- **STOPP app, Worry Box, Insight Timer** and many others reviewed <https://www.getselfhelp.co.uk/links2.htm>
- **Sleep and Anxiety apps** – check the Sleep and Anxiety sections for some other condition-specific apps
- **Many more at NHS Apps Library** <https://apps.beta.nhs.uk>

Sleep Problems and Stress Management

Book: An Introduction to Coping with Insomnia and Sleep Problems, 2nd Edition by Colin A. Espie

Website: **Sleepio** - proven NHS-funded CBT-based sleep management programme www.sleepio.com/nhs

Website: **NHS Inform Self-Help Guide** www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide

Video: **The Single Most Important Thing You Can Do For Your Stress** youtu.be/I6402QJp52M

App: **Sleep Cycle** (App) tracks & analyses sleep, waking you up at the best time. www.sleepcycle.com

Many other Sleep & Stress resources above. Search for “Sleep”, “Stress” or “Relaxation” to find more

Children and Young People

App: Brakeup Shakeup au.reachout.com/tools-and-apps/breakup-shakeup provides ideas for fun, easy things to do to help you cope after a breakup

App: Breathr: Mindful Moments for children and **MindShift App** for young people: anxiety management, mindfulness and breathing techniques

Website: AnxietyBC® www.anxietybc.com offer videos and downloadable information resources for children and adults with anxiety including information for healthcare providers and education professionals.

Website Calm Harm <https://au.reachout.com/tools-and-apps/calm-harm> provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected

Website & App: Cosmic Kids <https://www.cosmickids.com/> Online yoga and mindfulness for children.

Kelty Mental Health keltymentalhealth.ca/healthy-living/mindfulness information for children and parents on nutrition, activity, sleep and stress, as well as audio tracks for guided meditations

ReachOut WorryTime app au.reachout.com/tools-and-apps/reachout-worrytime (apple store only) use your WorryTime to review the worries you've added and ditch the ones that no longer matter to you

Relax Kids www.relaxkids.com Face-to-face classes for children of all ages. Some practitioners also offer online classes. The website has downloadable resources including books and audio files for relaxation too.

Young Minds www.youngminds.org.uk information, resources and advice to support young people & parents

See also: The Royal College of Psychiatrists Website (above) has good information on sleep problems in children

Grampian Area Local Services:

- **CAMHS videos** information on anxious thoughts and behaviours, thinking tools, body tools, how to support children and adolescents www.youtube.com/channel/UCID3OzHwIngMuHVcoQXZvYQ
- **ACIS Youth** www.mha.uk.net/ offer counselling for young people
- **The Foyer** www.aberdeenfoyer.com/ offer counselling for young people aged from 12 upwards
- **Avenue** www.avenue-info.com/ offer counselling and play therapy for children

Parenting

App: Mind the Bump by Smiling Mind, a free Mindfulness App to help individuals and couples.

Book: Calm Parents, Happy Kids: The Secrets of Stress-free Parenting by Laura Markham (ISBN 978-0091955205)

Book: The Conscious Parent by Dr Shefali Tsabary (ISBN 978-1473623637)

Website: Family Lives familylives.org.uk a national family support charity

Website: Hands On Scotland www.handsonscotland.co.uk provides help and practical advice for supporting children and young people's mental health and emotional wellbeing

Website: Hand in Hand Parenting www.handinhandparenting.org

Website: National Childbirth Trust www.nct.org.uk

Website: Understanding Childhood www.understandingchildhood.net

Website: Contact contact.org.uk for parents and carers of disabled children

Information about Specific Problems

Anger Management

Self-Help <https://www.nhsinform.scot/healthy-living/mental-wellbeing/anger-management/why-am-i-so-angry>

Anger Workbook from South Glasgow Wellbeing Service <http://wellbeing-glasgow.org.uk/anger/>

Overcoming Anger and Irritability A self-help book using CBT <http://www.overcoming.co.uk/single.htm?ipg=7668>

Other resources: search this document for "Anger"

Anxiety & Panic Attacks

Anxiety UK www.anxietyuk.org.uk information and resources relating to anxiety and phobias such as fear of spiders, blushing, vomiting, public speaking etc.

Daylight App is a CBT program available to health and social care staff via <https://www.trydaylight.com/nhs>

Self-Help Anxiety Management App – visual anxiety log, physical & mental exercises, guidance, info & support

Other anxiety and panic resources: search this document for “Anxiety”. **Grounding Cards** available from <https://camphill.gp.scot/our-practice/practice-services/wellbeing-and-mental-health-self-help>

Chronic Fatigue Syndrome

- Overview article with useful links to other organisations <https://www.nrshealthcare.co.uk/articles/condition/chronic-fatigue-syndrome>
- Persistent Burnout Theory of Chronic Fatigue Syndrome <http://dx.doi.org/10.4236/nm.2016.72008>
- Useful guide to ME symptoms and management <http://www.remembercfs.org.uk/about-mecfs/>
- A brief guide is also available on the **Action for ME website** at <https://www.actionforme.org.uk/uploads/supporting-outcomes-HCP-briefing-2018.pdf>
- Understanding the HPA axis, stress and burnout <https://www.mind-body-health.net/hpa-axis.shtml>
- STOPP technique <https://www.get.gg/stopp.htm> and STOPP app

Chronic Pain and Central Sensitisation

- Grampian Pain Management Programme <https://www.gpm.scot.nhs.uk/>
- Functional pain syndromes <https://www.neurosymptoms.org/pain/4594358001>
- Sensitisation in chronic pain <https://www.painscience.com/articles/sensitization.php>
- What is central sensitisation <https://www.instituteforchronicpain.org/understanding-chronic-pain/what-is-chronic-pain/central-sensitization>
- Why Things Hurt TEDx Talk <https://youtu.be/gwd-wLdlHjs>
- Search this document for “Pain” and “Yoga for chronic pain” to find more pain related resources.

Fibromyalgia

- **Fibromyalgia UK** charity <http://www.fmauk.org/>
- **Fibromyalgia patient information leaflet** by Versus Arthritis <https://www.versusarthritis.org/about-arthritis/conditions/fibromyalgia/>
- See also: Chronic Pain and Central Sensitisation information above and review Sleep information.

Functional symptoms

- It’s All In Your Head - Book by Dr. Suzanne O’Sullivan – see also her talk <https://youtu.be/5hwjxDZX2zU>

Functional gastroenterology symptoms

- **Symptoms and causes** <https://www.iffgd.org/manage-your-health/symptoms-causes.html>
- **IBS Info** <https://gutscharity.org.uk/advice-and-information/conditions/irritable-bowel-syndrome/>

Functional respiratory symptoms/breathing pattern disorders

- **Information leaflet** [uhs.nhs.uk/Media/ControlledDocuments/PatientInformation/Respiratory/Breathing-pattern-disorders-patient-information.pdf](https://www.nhs.uk/Media/ControlledDocuments/PatientInformation/Respiratory/Breathing-pattern-disorders-patient-information.pdf)

Functional Neurological Symptoms (many types)

- **Neurosymptoms** information website <http://neurosymptoms.org/>
- **FND hope** charity <https://fndhope.org.uk/>
- **FND Action** charity <https://www.fndaction.org.uk/>
- **NEADS** Website <http://www.nonepilepticattackdisorder.org.uk/>

Migraine and Headache

- **Information** is available on the NHS Inform website (above), **The Migraine Trust** www.migrainetrust.org and the **National Migraine Centre** www.nationalmigrainecentre.org.uk
- **Use MigraineBuddy** to record, track, identify triggers, learn and get support <https://migrainebuddy.com/>
- See also: “central sensitisation”, “chronic pain” above. MB video on food triggers youtu.be/eW57aBqM84U

Non-cardiac chest pain

- Helpful information on this common condition <https://gi.org/topics/non-cardiac-chest-pain/>