

General Mood, Anxiety, Emotion Regulation

Books

- **The Practicing Happiness Workbook:** How Mindfulness Can Free You from the Four Psychological Traps That Keep You Stressed, Anxious, and Depressed. By Ruth Baer.
- **Get Out of Your Mind and Into Your Life:** The New Acceptance and Commitment Therapy. By Steven Hayes.
- **Cognitive Behavioural Therapy Workbook For Dummies.** By Rhena Branch & Rob Wilson.
- **Mind over Mood:** Change How You Feel by Changing the Way You Think By Christine Padeski & David Greenberger.
- **Depressed and Anxious:** The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety. By Thomas Marra.
- **The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder.** By Sheri Van Dijk.
- **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Workbook.** By David Barlow, Christopher Fairholme & Todd Farchione [trust us, this book is MUCH better than it's title]

Online Resources

- **Simon Fraser University's Centre for Applied Research in Mental Health and Addiction:** sfu.ca/carmha/toolsandresources.html
 - Antidepressant Skills Workbook (different versions for adults, women in pregnancy/postpartum, and youth).
 - Positive Coping with Health Conditions Workbook (for those also managing chronic health conditions)
- **Mood Gym:** moodgym.anu.edu.au
Australian online CBT program for depression.
- **Centre for Clinical Interventions:** cci.health.wa.gov.au/resources/consumers.cfm
Free evidence-based CBT modules for Social Anxiety, Generalized Anxiety, Assertiveness, Eating Disorders, Panic Attacks, Depression, Body Acceptance, Distress Intolerance, Health Anxiety, Self-Esteem, Bipolar Disorder
- **Here to Help BC:** heretohelp.bc.ca
Depression and anxiety education and resources.
- **Back Sense:** backsense.org
Helping chronic back pain by addressing associated feelings, including fear of movement.

Apps

- **Booster Buddy:** Designed in Victoria, BC, this is an app with a great collection of emotion regulation skills, support for activating oneself, and a game to help you remember to take medications and meet other goals (Island Health)
- **Optimism:** Helpful for those with episodic depression or mania. Helps you track your moods, identify triggers and red flags, and use skills to manage mood states.

Anxiety

Books

- **The Mindfulness and Acceptance Workbook for Anxiety:** A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy. By John Forsyth & Georg Eifert.
- **Feel The Fear And Do It Anyway.** By Susan Jeffers.
- **The Anti-Anxiety Workbook.** By Martin Antony.
- **Mastery of Your Anxiety and Panic Workbook.** By David Barlow & Michelle Craske.
- **Managing Social Anxiety Workbook.** By Debra Hope, Richard Heimberg, Harlen Juster, & Cynthia Turk.
- **Overcoming Health Anxiety:** Letting Go of Your Fear of Illness. By Katherine Owens & Martin Antony.

- **The Generalized Anxiety Disorder Workbook:** A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear. By Melissa Robichaud, Michel Dugas, & Martin Antony.

Online Resources

- **Anxiety BC: anxietybc.com**
Self help CBT resources for anxiety, including child & youth specific resources. Covers many topics, including Agoraphobia, Body-focused Repetitive Behaviours (e.g., skin picking), Generalized Anxiety Disorder, Hoarding Disorder, OCD, Panic Disorder, PTSD, and Specific Phobias.

Apps

- **Mindshift:** An anxiety resource with the ability to tailor to your anxiety triggers. Contains help with relaxation and mindfulness tools, alternative thoughts, and challenging yourself. A joint creation of Anxiety B.C. and the B.C. Provincial Mental Health and Substance Use services.
- **Breath Pacer:** Can set your own inhale, exhale, and hold pace. Practicing breathing on a regular basis is like a tonic for your nervous system.
- **Calm:** A collection of guided meditations, breathing programs to help you relax, and sleep stories to prepare you for sleep.

Mindfulness and Acceptance

Books

- **True Refuge.** By Tara Brach (she also has a podcast and audio recordings on her website).
- **Things Might Go Terribly, Horribly Wrong:** A Guide to Life Liberated from Anxiety. By Kelly Wilson & Troy Dufrene.
- **The Mindful Way through Depression:** Freeing Yourself from Chronic Unhappiness. By Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn.
- **The Mindful Way through Anxiety.** By Susan Orsillo & Lizabeth Roemer.
- **Self-Compassion:** Stop Beating Yourself Up and Leave Insecurity Behind. By Kristin Neff.
- **The Wise Heart.** By Jack Kornfield.
- **The Mindful Path to Self-Compassion.** By Chris Germer.
- **When Things Fall Apart.** By Pema Chodron. (she has many other relevant writings too).

Online Resources and Guided Meditations

- **UCLA Mindful Awareness Research Center:** marc.ucla.edu
Guided exercises and weekly podcasts on mindfulness.
- **self-compassion.org**
Mindful self-compassion resources, including guided meditations and other skills.

Apps

- **Smiling Mind:** Meditation guide designed for young people, but helpful for adults, too!
- **Headspace:** Accessible, light-hearted meditation guide. First 10 sessions free.
- **Insight Timer:** more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts. If you prefer a quieter meditation, you can set a timer and meditate to intermittent bells or calming ambient noise. Free.
- **Stop, Breathe and Think:** Includes a section called Learn to Meditate that explains what mindfulness is, why it's beneficial, and what to expect with guided meditations. It also discusses some of the neuroscience of mindfulness and the physiology of stress. 30 free sessions.

- **Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy.** By Blaise Aguirre & Gillian Galen.
- **The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.** By Matthew McKay, Jeffrey Wood, and Jeffrey Brantley.
- **Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment.** By Tal Ben-Shahar.
- **The Willpower Instinct: How Self-Control Works, Why it Matters, and What You Can Do To Get More of It.** By Kelly McGonigal.

Online Resources

- **Centre for Clinical Interventions:**
cci.health.wa.gov.au/resources/consumers.cfm
Free evidence-based CBT module for Distress Intolerance.

Moving in Valued Directions Books

- **The Happiness Trap: How to Stop Struggling and Start Living.** By Russ Harris:
 - An illustrated (comic) version is also available
 - Also by Russ Harris: *The Reality Slap*; *The Confidence Gap*
- **Flourish: A Visionary New Understanding of Happiness and Well-Being.** By Martin Seligman.
- **Stumbling on Happiness.** By Daniel Gilbert.

Videos to Enhance Course Material

CHAPTER 2: Self-Compassion

- TEDx—Kristen Neff: **Self-Compassion vs Self-Esteem**

CHAPTER 3: Learning New Habits

- TED—Kelly McGonigal: **How to Make Stress Your Friend**
- **The Backwards Brain Cycle** (learning to retrain an old habit)

CHAPTER 5: Brain Basics

- **The Three Main Parts Of Your Brain** by Russ Harris

Neuroplasticity and Mindfulness

Books

- **Buddha's Brain:** The Practical Neuroscience of Happiness, Love & Wisdom. By Rick Hanson.
- **Mindsight:** The New Science of Personal Transformation. By Daniel Siegel.

Embracing Vulnerability and Working with Emotions

Books

- **Rising Strong.** By Brené Brown.
- **Daring Greatly.** By Brené Brown.
- **I Thought It Was Just Me (but it isn't):** Making the Journey from "What will people think" to "I am enough". By Brené Brown.

Perfectionism

Books

- **The Gifts of Imperfection:** Let Go of Who You Think You're Supposed to Be and Embrace Who You Are. By Brené Brown.
- **When Perfect Isn't Good Enough.** By Martin Antony & Richard Swinson.

Online Resources

- **Centre for Clinical Interventions**
cci.health.wa.gov.au/resources/consumers.cfm:
Free evidence-based CBT modules for perfectionism and procrastination.

Obsessive Compulsive Disorder

Books

- **The Mindfulness Workbook for OCD.** By Jon Hershfield, Tom Corboy, and James Claiborn.

Post Traumatic Stress Disorder

Books

- **The Body Keeps the Score:** Brain, Mind, and Body in the Healing of Trauma. By Bessel Van der Kolk.
- **The PTSD Workbook (3rd Ed.)** By Mary Beth Williams, and Soili Poijula.

Borderline Personality Disorder

Books

- **The Borderline Personality Disorder Survival Guide:** Everything You Need to Know About Living with BPD. By Alexander Chapman and Kim Gratz.

CHAPTER 5: Opposite Action

- TED—Amy Cuddy: **Your Body Language Shapes Who You Are** (Strength Poses)
- Seinfeld: **Emotional Intelligence**—Opposite Action Day

CHAPTER 5: Coping with Shame

- TEDx—Brené Brown: **On Vulnerability**
- TED—Brené Brown: **Listening to Shame**
- Shane Koyczan: **To This Day**—For the Bullied and the Beautiful