



**CONNECTICUT  
Clearinghouse**

a program of the Connecticut Center  
for Prevention, Wellness and Recovery

## Resources on Self-Care

This document identifies books, ebooks, curricula and DVDs, as well as pamphlets and fact sheets available at Connecticut Clearinghouse about self-care.

These resources may be helpful for health care providers, parents, peer support providers, students, trainers, and teachers.

Visit Connecticut Clearinghouse at:  
334 Farmington Avenue (Route 10)  
Plainville, CT 06062

For those who are unable to visit, materials can be mailed.

Resources may be found using the Library Catalog: <https://conn.ent.sirsi.net/>

A complete list of pamphlets, as well as an online order form, may be found here:  
[www.ctclearinghouse.org/pamphlet-poster-directory/](http://www.ctclearinghouse.org/pamphlet-poster-directory/)

For free access to eBooks & streaming media, contact Connecticut Clearinghouse:  
[info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

Membership is free! Join today:  
[www.ctclearinghouse.org/membership-form/](http://www.ctclearinghouse.org/membership-form/)

Contact Connecticut Clearinghouse with any questions on how to access the resources listed:

Call 860.793.9791 or 800.232.4424  
Visit us online at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

## Books, eBooks & Curricula

5 Minute Mindfulness Meditations for Teens / Nicole Libin

Being a Well Woman: 10 Session Activity Guide for Women's Circle / Julie Humbel-Courtney

Bounce: Living the Resilient Life / Robert J. Wick

The Boy Who Longed to Look at the Sun: A Story about Self-Care / Juliet Ttota

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are / Brené Brown

Growing Up Resilient: Ways to Build Resilience in Children and Youth / Tatyana Barankin

The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions / Richard P. Brown

In the Aftermath of the Pandemic: Interpersonal Psychotherapy for Anxiety, Depression, and PTSD / John C. Markowitz

Innovative Skills to Support Well-Being and Resiliency in Youth / Nicole Nicotera (ebook)

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance / Patricia C. Broderick (ebook and print)

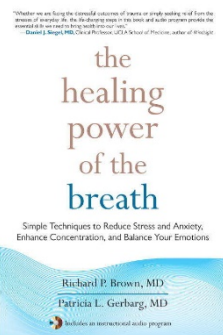
Leaving It at the Office: A Guide to Psychotherapist Self-Care / John C. Norcross and Gary R. VandenBos

The Mindfulness and Acceptance Workbook for Stress Reduction: Using Acceptance and Commitment Therapy to Manage Stress, Build Resilience, and Create the Life You Want / Fredrik Livheim

The Mindfulness Matters Program for Children and Adolescents: Strategies, Activities, and Techniques for Therapists and Teachers / Randye J. Semple and Christopher Willard (ebook)

A Mindfulness-Based Stress-Reduction Workbook / Bob Stahl

Mindfulness Meditation in Psychotherapy: An Integrated Model for Counselors and Clinicians / Steven A. Alper



Overcoming Compassion Fatigue: A Practical Resilience Workbook / Martha Teater (ebook & print)

Promoting Emotional Resilience: A Cognitive-Affective Stress Management Training / Ronald Edward Smith

Resilience: Discovering a New Strength at Times of Stress / Frederic F. Flach

The Resilient Clinician / Robert J. Wicks

The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions / Thomas M. Skovholt

The Resilience Workbook for Teens: Activities to Help You Gain Confidence, Manage Stress, and Cultivate a Growth Mindset / Cheryl M. Bradshaw (ebook & print)

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions / Amy Saltzman (ebook)

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) / Eline Snel

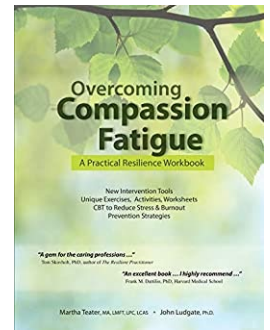
Strengthening Family Resilience / Froma Walsh

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress / Gina M Biegel

Survival of the Caregiver: A Treasury of Self-Help Words that Give Encouragement and Support to the Caregiver

The Tale of Two Fishes: A Story about Resilient Thinking / Juliette Ttofa

Your Life, Your Way: Skills to Help Teens Manage Emotions, and Build Resilience / Joseph Ciarrochi



## DVDs & Streaming

Mindfulness for Anxiety (DVD and Streaming)

Mindfulness for Well-Being (DVD)

Mindfulness Goes Mainstream: Techniques (DVD)

Resilience: The Biology of Stress and the Science of Hope (DVD)

Room to Breathe (DVD)

The Science of Mindfulness: A Research-Based Path to Well-Being (DVD)

### Pamphlets, Posters and Fact Sheets

[10 Things You Can Do for Your Mental Health](#) (Fact Sheet)

25 Ways to Get a Better Night's Sleep (Pamphlet)

[Adult Stress: Frequently Asked Questions](#) (Fact Sheet)

Color Comfort Adult Coloring Book

Emotional Fitness: 8 Tips for a Stronger You (Pamphlet)

Helping Your Child Work Through Grief: A Parent's Workbook (Pamphlet)

Mindfulness (Pamphlet)

Mindfulness: Tips for Reducing Stress and Anxiety (Pamphlet)

A Positive Attitude: A Positive You! (Pamphlet)

Understanding Grief: Facing Loss and Moving On (Pamphlet)

Working Through Grief: A Self-Care Handbook (Pamphlet)

