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Nota di bibliografia	Includes bibliographical references (p. 471-472).
Nota di contenuto	Cover -- Copy Right -- ABOUT THE AUTHOR -- Introduction -- A definition of "mental health -- Stepped care and self-help -- Basic information -- Self-help for stress -- Stress and modern life -- Fitting exercise into your life -- Different types of exercise -- Relaxation -- Meditation and mindfulness -- Symptoms of stress -- Other anti-stress exercises -- Stress and life events -- Self-help for depression -- Working with depression -- Foods for depression -- Somatic aspects of depression -- Different views of depression -- Emotional expression in depression -- Basic working principles for depression -- A bit about anti-depressant drugs -- Negative emotions -- Thoughts and moods in depression -- Thinking distortions in depression -- Common irrational belief systems -- How to change your negative thinking -- Your inner process -- Points to remember -- About anxiety -- Relaxation -- Social anxiety -- Panic attacks -- Working with panic attacks -- Phobias -- General anxiety disorder -- Introducing issues of self-esteem -- Improving self-esteem -- Becoming more assertive -- An overview of what works --

Self-awareness -- Legitimate needs -- Asserting yourself -- Responding to criticism -- Bereavement and grieving -- Having to care for others -- Information for carers and families -- Parents at home, parents at work -- Relationship issues -- Relationship difficulties -- Divorce and separation -- Anger management -- Sleep issues -- Problems at work -- Weight, body image, and eating issues -- Chronic fatigue syndrome (myalgic encephalomyelitis [ME], or fibromyalgia, or post-viral fatigue syndrome) -- Twelve-step programmes -- Trauma and post traumatic stress disorder -- Self-harm -- Money worries -- Ageing issues -- Travel -- Natural health -- The path to mental health -- The road to change -- Wider and different perspectives -- Sources of information -- REFERENCES.

Sommario/riassunto

A comprehensive guide to how an individual can help themselves resolve a wide variety of ordinary, everyday life problems and improve their mental health. This is an extensive collection of self-help material, which has been written to provide resources to complement self-exploration or professional counselling. The knowledge has been built up through years of working in the field of mental health, listening to patients, and searching for the materials that could make a difference. The skill is in how the handouts have been put together to be easily accessible and helpful, and in a format that
