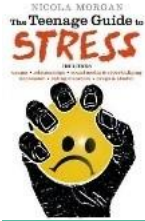
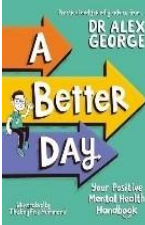


# Wellbeing Reading List



## **Morgan – The Teenage Guide to Stress**

Looks at specific worries and fears of teenagers. Suggests positive strategies for healthy minds and bodies.



## **George – A Better Day:**

Your Positive Mental Health Handbook.



## **Caught – Queer Up**

An uplifting guide to LGBTQ+ love, life and mental health.

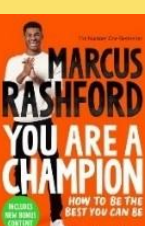


## **Balfe – A Different Sort of Normal**

The true story of one girl's journey growing up autistic - and the challenges she faced in the 'normal' world.

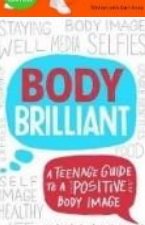


## **Martin – A Kid's Guide to Understanding Autism.**



## **Rashford – You Are a Champion:**

How to be the best you can be. Full of good advice for how to live your life well.



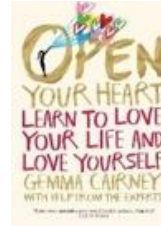
## **Morgan – Body Brilliant: a teenage guide to a positive body image**

Addresses the body issues that nearly everyone worries about at some point in their life and offers solutions.



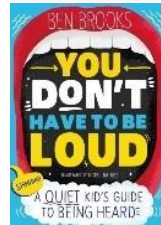
## **Lawrence – Find your voice and be your best self**

Silence is NEVER an option - stand up, speak out, be the difference.



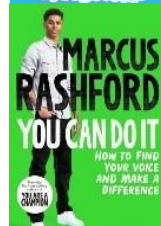
## **Cairney – Open Your Heart:**

Learn to love your life and love yourself. This book will help you learn to love your body, your friends and your family, and help if things go wrong.



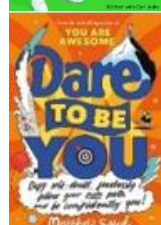
## **Brooks – You Don't Have to be Loud:**

A quiet kid's guide to being heard



## **Rashford – You Can Do It**

Never underestimate your actions - even the smallest changes can have the biggest impact. That's the power of kindness.



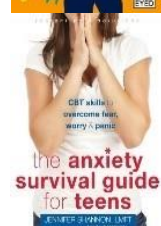
## **Syed – Dare to Be You**

A guide to being yourself and navigating the journey to get there.



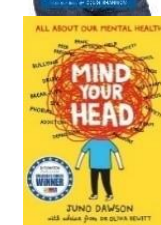
## **Wilson – Step into My Power**

A guide to feeling good and living your best life.



## **Shannon – The Anxiety Survival Guide for Teenagers**

If you're ready to feel more independent, more confident, and be your best, this book will show you how.



## **Dawson – Mind your head**

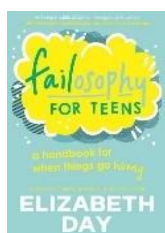
A frank look at mental health and issues that may affect teenagers.



## **Rae – It's OK not to be OK**

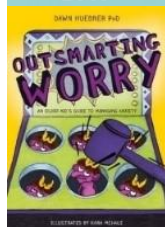
It's OK not to be OK acknowledges and explores common mental health disorders such as depression, eating disorders and anxiety.

# Wellbeing Reading List



## **Day – Failosophy for Teens**

A guide for teens that celebrates the resilience of surviving failure.

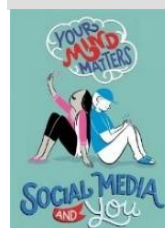


## **Huebner – Outsmarting Worry**

A guide to managing anxiety.



## **Murphy – The Tourette's Survival Guide**



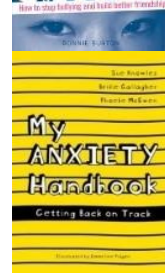
## **Head – Social Media and You**

Looks at how our use of social media can affect our mental health.



## **Burton – Girls Against Girls**

How to stop bullying and build better friendships.



## **Knowles – My Anxiety Handbook**

This anxiety survival guide teaches 12 to 18-year olds how they can overcome their biggest worries.



## **Stevens – Kid's Guide to Dealing with Anxiety**

A guide to what anxiety is, how it can affect us, and how to cope with it.



## **Hansen – Shake it up!**

How to be young, autistic and make an impact.



## **Bathie – Social Media Survival Guide**

Advice on how to use social media wisely and stay safe while online.



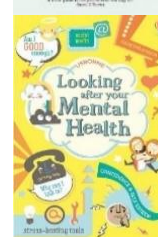
## **Naik – Queen Bees, Drama Queens and Cliquey Teens**

This guide will help you work out what to do when girl friendships are causing stress and anxiety.



## **Cairney – Open Your Mind:**

Learn to deal with the big stuff in life  
Advice on physical and mental wellbeing.



## **James – Looking After Your Mental Health**

This guide to good mental health explains why we have emotions, and what can influence them, from friendships and social media, to bullying, divorce and bereavements.