

Library Resource List for Stress (Psychological & Physical Approaches)

Books

This is a selection of the books that **Crawley Library, West Sussex** have, which can be borrowed or reserved free of charge .

Crawley Library

Psychology books (shelved at 150) have chapters on stress:

- *AQA Psychology for A-Level. Year 2 2nd ed (2020) - Cara Flanagan (Chapter 10)*
- *Psychology A level. Year 2. 5th ed., Complete Companion Student Book – Cara Flanagan & Mike Cardwell (Chapter 8)*
- *Psychology: 50 essential ideas – Emily Ralls (2022) (Chapter 41)*
- *Psychology: The Science of Mind and Behaviour. 8th ed (2020) – Richard Gross (Chapter 12 p.199 -) **Also available as an ebook***
- *Psychology A Level Year 2: Revision – Mike Cardwell (Chapter 8)*
- *Simply Psychology (2018) – Michael Eysenck (Chapter 5)*
- *Atkin & Hilgard’s Introduction to psychology. 16th ed (2014) – S.Nolen-Hoeksema (Chapter 14)*
- *Psychology for Nurses & Health Professionals (2013)– Richard Gross (Chapters 3& 4)*
- *Introduction to Psychology (1998) –Tony Malim & Ann Birch (Chapter 11)*

Shelved at 155.9042

- *Anxiety and stress – C.Acred (Issues series) An introduction to coping with stress. 2nd ed – Lee Brosan (2018)*
- *Eliminating stress, finding inner peace – Brian Weiss (2020)*
- *The stress solution, the 4 steps to reset your body, mind, relationships and purpose – Rangan Chatterjee*
- *Stress, the psychology of managing pressure – Diane McIntosh (2018)*

Health Psychology books (shelved at 616.0019)

- *Health Psychology: The Basics (2021) – Erica Cook (Chapter 5)*
- *Health Psychology .6th ed (2019) – Jane Ogden (Chapter 11)*
- *Health Psychology: Theory Research & Practice. 6th ed (2020) – David Marks (Chapter 17)*

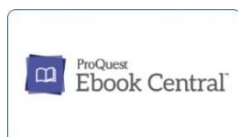


Online Resources

Access via **Crawley Library Moodle Pages on CCG Online**
Direct access in College or via Shibboleth outside College using your College network and login



eBooks



- *Psychology: The Science of Mind and Behaviour. 8th ed – Richard Gross (Chapter 12 p.199 -)*



Ebsco Discovery provides an easy way to search online journals, books and articles by providing a single search box to explore many databases, including Academic Search Elite, Ebsco ebooks etc



A-Level Review Magazine: Includes Psychology Review and has articles on stress.



Academic Search Elite– Provides access to acclaimed full text scholarly articles, magazines. Search “ stress management”, limit to Full text and Geography to Great Britain.



Massolit works with university lecturers to produce video lectures for Psychology A level students. Search **stress**.

- Stress: The Stress Response
- Stress: The Impacts of Stress
- Stress: Defining and Measuring Stress



Oxford Journals Collection for FE includes collection of journals on Medicine and Health



Excellent world class journals database including Health Education Journal



Recorded TV programmes available to watch in College or at home.

- The Truth about stress



Statistics and articles on contemporary social issues. Search ‘stress’. Results include:

- Stress
- Stress and Anxiety in the Digital Age
- The Stress Chain
- Number of Workers reporting work related Stress

Issues e-book download: Stress

Useful Websites:



Search **stress**