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*Living with Stress* (DVD) Timonium, MD: Milner-Fenwick, 2007. 11:22 m.

This updated DVD examines various causes of stress and how people react to it. It helps to identify stressors and develop some healthy ways of coping such as relaxation, meditation, visualisation and biofeedback.

**Availability for loan:**

CB100 M45 2007 health Information and Wellness Centre, both locations

## COMMUNITY RESOURCES

### Heart and Stroke Foundation of Ontario

2300 Yonge Street, Ste 1300  
Toronto, ON M4P 1E4  
Tel: 416-489-7111  
<http://www.heartandstroke.ca>

### Canadian Mental Health Association- Ontario Division

2301 – 180 Dundas Street West  
Toronto, ON M5G 1Z8  
Tel: 416-977-2813  
Email: [info@ontario.cmha.ca](mailto:info@ontario.cmha.ca)  
<http://www.cmha.ca>

### Canadian Mental Health Association – Toronto Branch

480 – 700 Lawrence Avenue West  
Toronto, ON M6A 3B4  
Tel: 416-789-7957  
Email: [cmha.toronto@sympatico.ca](mailto:cmha.toronto@sympatico.ca)

## CONTACT

### Health Information & Wellness Centres

#### Trillium Health Centre - Mississauga

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

#### Trillium Health Centre - West Toronto

150 Sherway Drive  
Toronto M9C 1A5  
905-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

#### Mississauga Library System

905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

#### Toronto Public Library

416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*



## INTERNET SITES

### Canadian Mental Health Association

<http://www.cmha.ca>

This organization has information regarding stress available at its website. Click on the tab 'Your Mental Health' on the top toolbar and then choose Stress. The resulting text includes advice on coping with stress, coping with unemployment, and maintaining work/life balance.

### Heart and Stroke Foundation

<http://tinyurl.com/29xo3y>

Too much stress can harm your health and increase the risk of heart disease and stroke. The Heart and Stroke Foundation provides some basic information on diagnosing and managing stress at its webpage.

### Canadian Centre for Occupational Health and Safety

<http://www.ccohs.ca>

The CCOHS is a Canadian federal government agency which serves to support the vision of eliminating all Canadian work-related illnesses and injuries. It has an excellent section on workplace stress, which covers definition, causes, health effects, symptoms, and coping.

### The College of Family Physicians of Canada

<http://www.cfpc.ca>

The CFPC is the national medical association which supports family physicians in providing high quality health care to their patients. It provides some useful patient information on stress at its website. To access this, click the link Programs on the top toolbar at the homepage, choose Patient Education

Program from the resulting submenu, and then select Stress from the alphabetic list.

### Mayo Clinic

<http://mayoclinic.com>

This world-renowned site has an excellent stress section. Click on the 'Healthy Living' link in the left hand column of the homepage, and choose 'Stress Management' from the resulting page to access this information.

## BOOKS & DVDs

*Still – In the Storm* by Ann Williamson.  
Carmarthen: Crown House, 2008

This excellent little guide presents long-term stress solutions including relaxation, exercise, visualization, time management, and cognitive strategies. It is clearly written with a reader-friendly layout and amusing cartoon illustrations.

#### Availability for loan:

CB500 W45 2008 Health Information & Wellness Centre, both locations

*Stress Management: Approaches for Preventing and Reducing Stress* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It identifies stress warning signs and provides a variety of tools for better management of stressful situations. Also included is information on the effects of stress on the body.

#### Availability:

CB 100 H27 2008 Health Information & Wellness Centre, both locations

*The Relaxation & Stress Workbook* 5<sup>th</sup> ed. by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay. Oakland, CA: New Harbinger, 2000

This comprehensive workbook has become a classic self-help reference in the field. The authors provide well-written and straightforward instructions on the major approaches to stress management. Topics covered include relaxation techniques, time management, nutrition and exercise, and coping with job related stress.

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*Staying Afloat When the Water Gets Rough* 2nd edition by David B. Posen. Toronto: Key Porter, 2005

Dr. Posen presents a survival guide for dealing with unexpected and uninvited changes in our global, local and personal environments. With understanding and humour he explains how to cope with these changes and reduce stress, worry, and uncertainty.

#### Availability for loan:

CB500 P69 2005 Health Information & Wellness Centre, both locations  
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*The Little Book of Stress Relief* by David B. Posen. Toronto: Key Porter, 2003

This handy volume is filled with great tips for managing stress. Written with warmth and humour, it suggests many small changes that can have a positive effect on health and quality of life.

#### Availability for loan:

CB 500 P68 2003 Health Information & Wellness Centre, both locations