

Mental Health in uncertain times

Our librarians have put together these recommendations to offer support and guidance as we move forward

Throughout the past year we have all been subject to mental health issues, from minor schedule adjustments to major financial issues, from discouraging days to dealing with depression, and from minor health issues to significant loss. All under the umbrella of an unknown, undefined future. It's no wonder we need help.

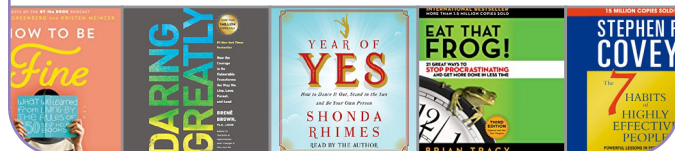
Books on Grief and Loss

- *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief* by Joanne Cacciatore
- *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death* by Bruce Miller
- *The Empty Room: Surviving the Loss of a Brother or Sister at Any Age* by Elizabeth DeVita-Raeburn
- *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter* by Margareta Magnusson
- *Grief Works: Stories of Life, Death and Surviving* by Julia Samuel
- *H is for Hawk* by Helen MacDonald
- *How to Fix a Broken Heart* by Guy Winch
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine
- *Making Piece: A Memoir of Love, Loss, and Pie* by Beth M. Howard
- *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss* by Elisabeth Kübler-Ross
- *When Breath Becomes Air* by Paul Kalanithi
- *The Year of Magical Thinking* by Joan Didion



Self-Help: What to Read While Waiting for COVID to Be Over

- *The Creative Habit: Learn It and Use It for Life* by Twyla Tharp
- *Daring Greatly* by Brene Brown
- *Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time* by Brian Tracy
- *Grit* by Angela Duckworth
- *How to be Fine: What We Learned by Living by the Rules of 50 Self-Help Books* by Jolenta Greenberg
- *Man's Search for Meaning* by Viktor E. Frankl
- *Our Better Angels: Seven Simple Virtues That Will Change Your Life and the World* by Jonathan Reckford
- *Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg
- *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN* by Tara Brach
- *The 7 Habits of Highly Effective People* by Stephen R. Covey
- *Year of Yes* by Shonda Rhimes



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Peaceful and Relaxing Music

On CD

- *Howling of the Wolf: Music of the Andes*
- *Pure Meditation*
- *The Most Relaxing Chamber Music Album in the World...Ever!*

On hoopla

- *Classical Music for Relaxation Vol. 1*
- *Peaceful Piano*
- *Relax & Meditate*

On CD and hoopla

- *Feels Like Home* CD | hoopla
- *The Memory of Trees* CD | hoopla
- *What's Going On* CD | hoopla

Feature Films that Explore Mental Health Issues

- *Anomalisa* - 2015 (Fergoli Syndrome, depression, animated film)
- *As Good As It Gets* - 1997 (obsessive compulsive disorder)
- *The Aviator* - 2004 (obsessive compulsive disorder)
- *Basketball Diaries* - 1998 (substance abuse disorders)
- *A Beautiful Mind* - 2002 (schizophrenia)
- *Ben is Back* - 2018 (substance abuse disorders)
- *Benny and Joon* - 1993 (depression)
- *Big Hero 6* - 2014 (depression, animated film)
- *Black Swan* - 2010 (anorexia nervosa)
- *Charlie Bartlett* - 2007 (attention deficit hyperactivity disorder)
- *Donnie Darko* - 2002 (schizophrenia)
- *Fight Club* - 1999 (dissociative identity disorder)
- *Fisher King* - 1991 (depression, schizophrenia)
- *Forest Gump* - 1994 (developmental issues, PTSD)
- *Frances* - 1982 (depression, mental health institutions)
- *Girl, Interrupted* - 1999 (depression, mental health institutions)
- *Good Will Hunting* - 1997 (trauma, childhood abuse)
- *The Hours* - 2002 (depression)
- *I Never Promised You a Rose Garden* - 1977 (schizophrenia, mental health institutions)
- *Infinitely Polar Bear* - 2014 (bipolar disorder)
- *Inside Out* - 2014 (emotional states, animated film)
- *Interiors* - 2000 (depression)
- *It's Kind of a Funny Story* - 2010 (anxiety, depression)
- *Jacob's Ladder* - 1990 (PTSD)
- *Joker* - 2019 (bipolar disorder)
- *Lars and the Real Girl* - 2008 (schizophrenia)
- *Little Miss Sunshine* - 2006 (depression)
- *Machinist* - 2005 (chronic insomnia)
- *Manchester by the Sea* - 2016 (depression, PTSD)
- *Matchstick Men* - 2003 (obsessive compulsive disorder)
- *Melancholia* - 2011 (depression)
- *Mozart and the Whale* - 2004 (Asperger's Syndrome)
- *My Name is Bill W* - 1989 (alcohol addiction)
- *Mysterious Skin* - 2005 (childhood sexual abuse)
- *Mystic River* - 2003 (childhood sexual abuse and trauma)
- *One Flew Over the Cuckoo's Nest* - 1975 (mental health institutions)
- *Ordinary People* - 1980 (bereavement, depression, trauma)
- *Perks of Being a Wallflower* - 2013 (PTSD, anxiety)
- *Prozac Nation* - 2005 (depression)
- *Rain Man* - 1988 (autism)
- *Shine* - 1997 (schizophrenia)
- *Shutter Island* - 2010 (bipolar disorder, mental health institutions)
- *Silver Linings Playbook* - 2013 (bipolar disorder)
- *Skeleton Twins* - 2014 (depression)
- *Soloist* - 2009 (schizophrenia)
- *Sorry to Bother You* - 2018 (effects of racism on mental health)
- *Speak* - 2004 (assault and trauma)
- *Still Alice* - 2014 (Alzheimer's)
- *Sylvia* - 2003 (depression)
- *Temple Grandin* - 2010 (autism)
- *Tully* - 2018 (post-partum depression)
- *Virgin Suicides* - 2000 (depression)
- *Words on Bathroom Walls* - 2020 (schizophrenia)
- *We Need to Talk About Kevin* - 2011 (sociopathy)
- *What's Eating Gilbert Grape?* - 1993 (developmental issues, autism)

