STRESS

A listing of materials available at the Justice Institute Library
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GENERAL BOOKS


The End of Stress As We Know It by Bruce S. McEwen, with Elizabeth Norton Lasley. Washington, DC: Joseph Henry Press. (RA 785 M148 2002)

Executive Ease and Dis-Ease by Henry Beric Wright. New York, NY: Wiley. (RA 776.5 W74 1975)


In Control: No More Snapping at Your Family, Sulking at Work, Steaming in the Grocery Line, Seething at Meetings, Stuffing Your Frustration by Redford Williams & Virginia Williams. Emmaus PA: Rodale. (BF 575 S75 W54 2006)


Kid Stress: What It Is, How It Feels, How to Help by Georgia Witkin. New York, NY; Viking. (BF 723 S75 W58 1999)


Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry by Reid Wilson. Deerfield Beach, FL: Health Communications, Inc. (RC 531 W484 2016)


Thriving in Chaos: Two Minute Stress Management Tools for Anxiety, Stress Relief and Increased Confidence by Sandy Dow. New York, NY: Dow Effect Coaching. (RA 785 D69 2017)


When the Body Says No: The Cost of Hidden Stress by Gabor Mate. Toronto, ON: A.A. Knopf Canada. (R 726.5 M275 2003)


You Don’t have to go Home from Work Exhausted! The Energy Engineering Approach by Ann McGee-Cooper. Dallas, TX: Bowen & Roger. (HF 5548.85 M144 1990)

GENERAL DVDs

D1972 Action Plan for Mastering Stressful Moments (DVD, 54 minutes)
Provides proven practical techniques that will help you to overcome and master any stressful situation in today's challenging times. Topics include the following: the power of awareness; how to master your emotions; how to abort the stress response in 11 seconds; practical tips for uncovering your purpose; how to establish control and build hardiness against stress; and how to access and upgrade the psycho-physiological system. (Kenford Nedd) (RA 785 N42 2007)

D865 Getting through a Crisis without Making it Worse: Crisis Survival Skills. Part 1, Distracting and Self-Soothing (DVD, 57 minutes)
Some causes of emotional distress frankly have no simple remedy, or can't be changed at all. But all of us have short-term crises of one kind or another. What we do about them and how we do it can have a profound effect on our ability to get through them. In this video you'll learn how to master, step-by-step, a set of crisis survival skills that are remarkably simple, do-able, easy to remember, and ready to put into practice. Here in part one, you'll learn how to identify a crisis, and ways to treat oneself that help get through it more comfortably. Marsha Linean, Ph.D., guides you with warmly human examples that touch, teach and train. (Oden Books) (RC 569.5 B67 G488 2005 PT.1)
D845  How Serious is this?  (DVD, 75 minutes)
This humorous special puts life in perspective and provides simple rules to live by.
Loretta acts out the irrational and exaggerated thinking patterns that drive us all nuts.
Laugh along as Loretta shows you the path to joyful living.  (Visual Education Centre)
(BF 575 S75 H687 2008)

D846  Humor Your Stress: Jest for the Fun of it  (DVD, 60 minutes)
Comedienne Loretta LaRoche uses her irreverent, unconventional, wacky and just plain funny style, to show us how to find humor in everyday situations.  (Visual Education Centre)
(BF 575 S76 H869 2008)

D259  The Joy of Stress  (DVD, 56 minutes)
Explores the concept of stress and how it affects the body, mind and spirit.  Teaches how
to use humour to break the negative and irrational thought patterns that cause stress and
how to reframe them into positive and productive tools for change.  (Kinetic)
(BF 575 S75 J697 1995)

D546  Life is Not a Stress Rehearsal  (DVD, 48 minutes)
“Too often, “stuff” gets in the way of the things that really matter.  Find the path to a
simpler, more rewarding lifestyle with the wit and wisdom of the always irreverent Loretta
LaRoche.  Tap into what our grandparents always knew: slow down, simplify and improve
your life and relationships.”  (Better Life Media)
(BF 575 S75 L54 2006)

D959  Stress: Portrait of a Killer  (DVD, 56 minutes)
Stanford University neurobiologist, Robert Sapolsky, has been advancing our
understanding of stress - how it impacts our bodies and how our social standing can
make us more or less susceptible.  Research reveals that the impact of stress can be
found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our
chromosomes.  Yet understanding how stress works can help us figure out a ways to
combat it and how to live a life free of the tyranny of this contemporary plague.
(Warner Home Video)
(RC 455.4 S87 S776 2008)

GENERAL AUDIO CDs

Offers a set of in-the-moment techniques for relaxing in the face of daily stressors: while working at one’s desk, in a crowd, or anywhere else.  Teaches how to relax all muscles except those needed to perform a particular activity.

(BF 575 S75 L273 2003)
Loretta takes you on a hysterical journey from stressed to blessed, reminding you what it's like to be alive, connected with others, and savoring the present moment.

An audiobook that tells the listener how to keep from letting the little things in life drive you crazy. Topics include: living in the present moment, letting others have the glory at times, raising tolerance to stress, trusting intuitions, and living each day as if it might be your last.


Dr. Lee explains how you can build stress resistance and resilience into your life with a unique prescription for recognizing, rebalancing, and protecting against stresses small and large. Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, she then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert. Discover how to: nourish your body with nutrient-rich foods, herbs, and supplements that repair stress damage; detox your system and jump-start your body's healing with an easy-to-follow eating plan; sleep well again by following simple steps to protect and promote the rest your body needs; move to simple, low-impact exercises that can be done in five-minute to one-hour increments; and retrain your mind so you can access a sense of peace and calm even in your most stressed-out moments.

CORRECTIONS - BOOKS


The Road Back to Wellness: Stress, Burnout & Trauma in Corrections by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 8759 F584 2000)


**CORRECTIONS - DVDs**

D115 **Mental Health Issues for Corrections Staff** (DVD, 24 minutes)  
This program explores some of the common problems that affect the mental health of corrections staff, both on the job and off. It also looks at the supervisor’s responsibility, what some of the warning signs are that supervisors should look for, and it offers some solutions and suggestions for stress reduction and other mental health related problems. (Lockup USA) (HV 8759 M454 2002)

**DISASTERS AND STRESS - BOOKS**

Disaster Work and Mental Health: Prevention and Control of Stress Among Workers by Don M. Hartsough. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Service, Alcohol, Drug Abuse, and Mental Health Administration, National Institute of Mental Health. (BF 789 D5 H277 1985)

Manual for Maximizing Stress Resilience: Questions by British Columbia Disaster Worker Care Committee. Victoria, BC: British Columbia Ministry of Human Resources. (RC 455.4 S87 M266 2005)

**DISASTERS AND STRESS - DVDs**

D1847 **Stress: The Hidden Threat** (DVD, 60 minutes)  
A panel discussion of emergency services personnel, family support service workers, the Red Cross and emergency mental health workers on the impact of terrorism on fire, rescue and law enforcement personnel and their families. Suggestions are offered to help people through troubled times. The discussion was conducted within two weeks of the September 11, 2001 attacks on the United States. (Emergency Education Network) (BF 575 S75 S768 2001)

D1521 **Surviving Disaster: How the Brain Works Under Extreme Duress** (DVD, 56 minutes)  
Sociologists, neuroscientists, psychologists and survivors have found that the way that people behave in a crisis is very predictable. By combining the stories of survivors with research into how the brain works under extreme duress, it brings light into civilization's darkest moments. (PBS) (QP 82.2 S8 S87 2012)

**FIRE - BOOKS**


**FIRE - DVDs**

D449  **American Heat, September 2002: Heat, Heart, and Health** (DVD, 68 minutes)  
This episode focuses on reducing the number of firefighter casualties by recognizing signs and symptoms of firefighter stress and heat-related emergencies and aggressively treating responders. The additional segment covers confined space rescue, part 1. (American Heat, Inc.) (TH 9310.5 A443 2002 SEP)

**PARAMEDICS - BOOKS**


**PARAMEDICS - DVDs**

D409  **Surviving the EMS Profession** (DVD, 30 minutes)  
The EMS field is a very demanding vocation. EMS providers are often called upon to aid people in a critical medical emergency. This in turn exposes the EMS provider to repeated exposure to medical emergencies that most of the population will never see or be exposed to in a lifetime. In addition, the EMS provider is exposed to administrative and operational stress. This course will provide the EMS provider, administrators, municipal leaders, and EMS family members with useful information for surviving the EMS profession and identifying the many challenges faced by today's EMS providers. (Trinity Workplace Learning) (RA 645.5 S874 2007)
POLICE - BOOKS


A compilation of 83 papers submitted to the National Symposium on Police Psychological Services (NSPS) at the Quantico FBI Academy, September 1984.


The Road Back to Wellness: Stress, Burnout & Trauma in Law Enforcement by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 7936 J6 F585 2001)


POLICE - DVDs

D2119  The Balanced Life: Emotional Survival for Police Officers  (DVD, 12 minutes)
Police officers have one of the most unique, complex and unpredictable jobs there are. They are trained to "expect the unexpected," to be ready for anything and to never let their guard down. They are conditioned to see just about every person and every situation from a threat-based perspective. But this state of "hyper-vigilance" can come with a price, particularly when it comes to home lives and personal relationships. Former cop and renowned author Dr. Kevin Gilmartin ("Emotional Survival for Law Enforcement") demonstrates the importance of recognizing the warning signs, how to get off the "rollercoaster" and how to achieve a healthy balance between successful career and fulfilling personal life.  (Ontario Police Video Training Alliance)  (HV 7936 T7 O58 V.125)

D1342  Emotional Survival for Law Enforcement: A Video Course for Law Enforcement Officers and Their Families  (DVD, 115 minutes)
This program provides law enforcement officers and their families the opportunity to review the dynamics that can transform idealistic and motivated law enforcement officers into cynical, negative and angry individuals. It presents the causes and interventions for: cynicism, malcontentism, relationship failures, supervision issues, integrity loss issues, officer over-aggressiveness, situational values, victim-based thinking, entitlement orientation, and loyalty vs. integrity.  (Gilmartin, Harris and Associates)  (HV 7936 J63 E467 1999)

D1873  Under the Gun  (DVD, 45 minutes)
An episode of CBS News' 48 Hours focusing on the psychological stress of being a police officer.  (CBS)  (HV 7936 J63 U534 1990)

Other related bibliographies:

- Anger
- Critical Incident Stress

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