



# Managing Stress, Fighting Depression, & Preventing Suicide

*Read. Watch. Listen.*

## READ

American Psychology Association.  
*Psychology Topics*. American Psychological Association, 2019.  
<https://www.apa.org/topics/>

You'll find scientific research conducted by psychologists, organized into an alphabetized list of topics including depression, stress, and suicide. These strategies and tips can inform and guide those seeking help with issues that affect their professional lives, family relationships, and mental wellness.

Noonan, Susan J. *Take Control of Your Depression: Strategies to Help You Feel Better Now*. Johns Hopkins University Press, 2018.

Writing from her personal experience as both a recipient and a provider of mental health services, Dr. Noonan explains how to obtain care from professionals, outlines what medical options are available, and lists everyday things people can do to feel better.

Sweeney, Nita. *Depression Hates a Moving Target*. Mango Publishing Group, 2019.

This memoir is about learning to manage manic depression through running. The author's experiences in finding community and practicing a discipline offer a hopeful look at mental health as a continual process.

## DIGITAL RESOURCES

### ***Family Health Database***

Access this resource at  
[www.sclld.org/health-wellness-resources](http://www.sclld.org/health-wellness-resources).

Search "managing stress" or "depression" once you are within the Family Health Database.

## PRINT & OTHER MATERIALS IN OUR CATALOG

Search our catalog for books, large print, eBooks, and audiobooks at  
[www.sclld.org/catalog](http://www.sclld.org/catalog).

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## WATCH

Sapolsky, Robert M. *Stress and Your Body*. Great Courses, Teaching Company, 2010. Film.

Twenty-four lectures on how stress affects already existing mental and physical problems as well as effective and ineffective strategies to manage stress.

## LISTEN

“Life after Suicide.” *Life After Suicide with Dr. Jennifer Ashton*, ABC News, 2019. <https://tunein.com/podcasts/Health--Wellness-Podcasts/Life-After-Suicide-p1218366/>

Dr. Jennifer Ashton, ABC News’ Chief Medical Correspondent, draws from her own tragic experience to explore the aftermath of suicide and sudden loss, and, like her new book *Life after Suicide*, the podcast is a roadmap to survival, offering inspiring insight on how to regain balance and get back to life. She speaks with people living with loss who have moved through guilt, anger, and hopelessness to a new normal as well as with survivors and specialists in medicine, faith, and other areas on how to heal from any type of traumatic experience.

“Ten Percent Podcast.” *Ten Percent Happier Podcast with Dan Harris*, ABC Radio Podcast, 2019. <https://www.tenpercent.com/podcast/>

Dan Harris shares his struggle with stress management as a radio correspondent and the meditation strategies that have helped him cope with high stress work.

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