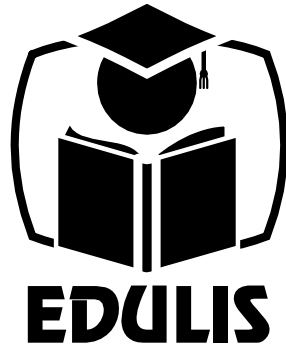


# STRESS : TEACHING



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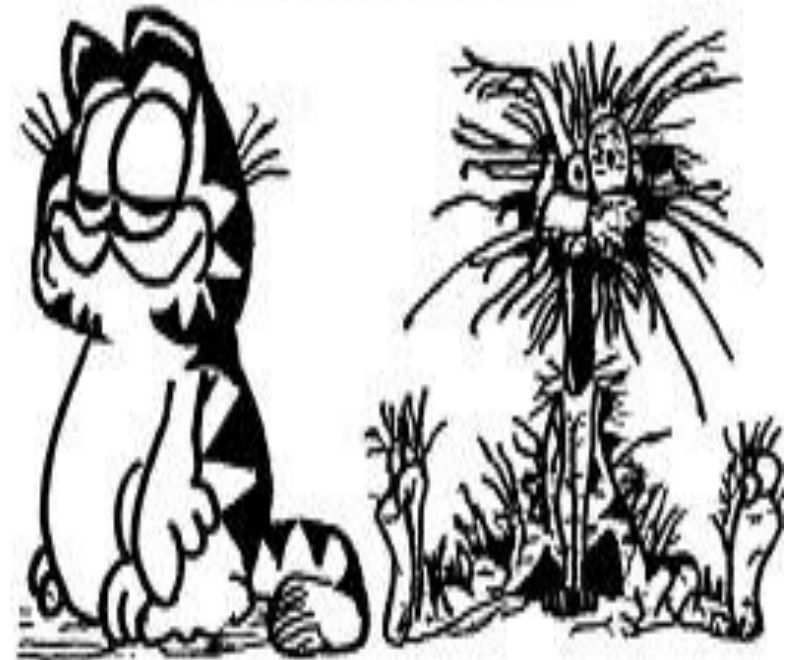
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Compiled by Edna Böhmer, November 2016.

Getting stressed-out



Before Work

After Work

155.9 STR  
**Stress : the survival guide.** 2001

155.9042 BAI Bailey, R.V.  
**MasterStress : a professional resource for assessing and managing stress.** 2010

155.9042 GEL Gelabert, R.C.  
**Stress & anxiety : scientific and natural treatments.** 2007

DV 155.9042 GIF  
**Gifts from the mountain : simple truths for life's complexities.** 2010 1 DVD (14 min.)

DV 155.9042 HAN  
**Handling stress.** 2006 1 DVD (30 min.)

155.9042 HAR Harding, J.  
**Stress management in essence.** 2006

155.9042 HAW Hawn, G.  
**10 mindful minutes : giving our children—and ourselves—the social and emotional skills to reduce stress and anxiety for healthier, happier lives.** 2012

155.9042 PAL Palmer, S.  
**Moody to mellow.** 2006

DV 155.9042 STR  
**Stress : the survival guide.** 2001 1 DVD (22 min.)

DV 155.9042 STR  
**Stress and anxiety.** 2008 1 DVD (26 min.)

DV 650.11 TIM  
**Time management.** 2013  
1 DVD (4 min.) ; 1 CD-ROM

DV 658.31244 SWI  
**Switch on caring.** [2012]  
1 DVD (6 min.)

DV 658.3145 WOR  
**Working with you is killing me.** 2007  
1 DVD (23 min.) ; 1 CD-ROM

658.38 EMP  
**Employee well-being support : a workplace resource.** 2008

DV 658.4093 THI  
**30 ways to make more time.** [2008]  
1 DVD (34 min.) ; 1 CD-ROM

371.2011 KIS Kise, J.A.G.  
**Differentiated school leadership : effective collaboration, communication and change through personality type.** 2008

371.2011 MUR Murphy, D.  
**Professional school leadership : dealing with dilemmas.** 2007

M 371.2012 FRA  
**A frazzled principal's health and wellness plan.** 2004

371.335 ALL Allen, R.  
**The rock 'n' roll classroom : using music to manage mood, energy and learning.** 2013

372.11024 WHY Whyte, D.  
**You can't teach a class you can't manage.** [2008]

510.71 FOS Foster, C.  
**The essential guide to secondary mathematics : successful end enjoyable teaching and learning.** 2013

614.5822 Van der Merwe, A.  
**Stres-strategie : verstaan en bestuur jou stres vir 'n gebalanseerde, energieke lewe.** 2004

616.8527 BIN Bingham, J.  
**Stress and depression.** 2008

616.89142 EDE Edelman, S.  
**Change your thinking : overcome stress, combat anxiety and improve your life with CBT.** 2006

650.1 DOD Dodd, P.  
**The 25 best time management tools & techniques : how to get more done without driving yourself crazy.** [2008]

DV 155.9042 TAK  
**Taking control : strategies for coping with stress.** 2008  
*1 DVD (23 min.)*

155.9042 TUM Tummers, N.  
**Stress management : a wellness approach.** 2013

155.9042 WIL Willis, R.J.B.  
**Cracking the stress problem.** 2005

158.72 HBR Harvard Business Review  
**Managing stress at work.** 2014

370.15 MIN Minton, S.J.  
**Using psychology in the classroom.** 2012

M 370.153 HEA Heaven, B.  
**Emotional health and well-being.** [2000]  
*1 Book ; 1 CD-ROM*

371.04 PET Petersen, K.L  
**Helping them heal : how teachers can support young children who experience stress and trauma.** 2014

371.1 KEE Keet, R.  
**Conflict management.** 2010

371.1 THO Thody, A.  
**The leader's survival guide.** 2004

371.1 TUR Turnbull, J.  
**9 habits of highly effective teachers : a practical guide for empowerment.** 2007

371.10019 BRO Brock, B.L.  
**Rekindling the flame : principals combating teacher burnout.** 2000

371.10019 BUR Burmack, L.  
**Enlighten up! : an educator's guide to stress-free living.** 2003

371.10019 CAS Castle, P.  
**How to be a successful teacher : strategies for personal and professional development.** 2009

371.10019 GAL Galton, M.J.  
**Teachers under pressure.** 2008

371.10019 HAR Hartney, E.  
**Stress management for teachers.** 2008

DV 371.10019 HEA  
**The healthy teacher.** 2008  
*1 DVD (23 min.) ; 1 CD-ROM*

371.10019 JOS Joseph, R.  
**Stress free teaching : a practical guide to tackling stress in teaching, lecturing and tutoring.** 2000

371.10019 KYR Kyriacou, C.  
**Stress-busting for teachers.** 2000

371.10019 LOV Lovewell, K.  
**Every teacher matters : inspiring well-being through mindfulness.** 2012

371.10019 QUE Queen, J.A.  
**The frazzled teacher's wellness plan : a five step program for reclaiming time, managing stress and creating a healthy lifestyle.** 2004

371.102 CUN Cunningham, G.  
**The new teacher's companion : practical wisdom for succeeding in the classroom.** 2009

371.102 GLA Glasgow, N.A.  
**What successful teachers do : 101 research-based classroom strategies for new and veteran teachers.** [2009]

371.102 PAT Paterson, K.  
**Teaching in troubled times.** 2010

371.1024 HOL Holloman, H.  
**What do you say when? : best practice language for improving student behavior.** [2010]

371.1024 KHA Khaloa, S.S.  
**Teaching discipline & self-respect : effective strategies, anecdotes and lessons for successful classrooms.** [2012]

371.192 JAK Jaksec, C.M.  
**The difficult parent : an educator's guide to handling aggressive behavior.** 2005

371.2 MIL Miles, K.H.  
**The strategic school : making most of people, time and money.** [2008]

371.20019 REA Reason, C.  
**Leading a learning organization : the science of working with others.** 2010

371.2011 BUC Buck, F.  
**Get organized : time management for school leaders.** [2008]