

Mindfulness & Mental Wellness for Parents

Family Resource Libraries

Karahan Family Resource Library
Children's Health Plano
L1275
469-303-7735

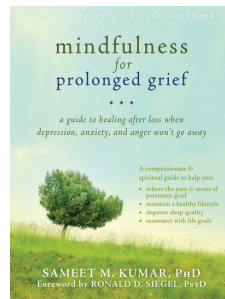
Krissi Holman Family Resource Library
Children's Health Dallas
Health & Leisure - C4205 - 214-456-0222
Children & Teen - C4206 - 214-456-4787

To check out our e-book and e-audiobook collection, email fri.libraries@childrens.com to set up your free OverDrive account.

Book Recommendations



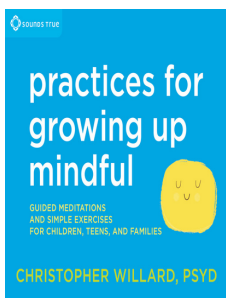
Touching Peace & Estás Aquí
by Thich Nhat Hanh



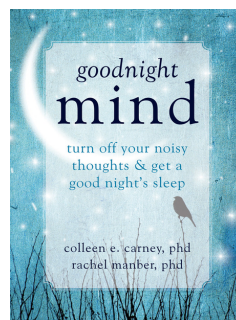
Mindfulness for Prolonged Grief
by Sameet M. Kumar



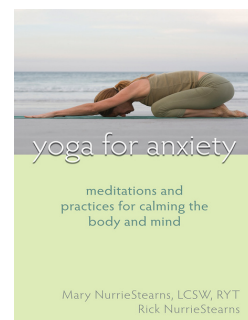
The Happiness Trap
by Russ Harris



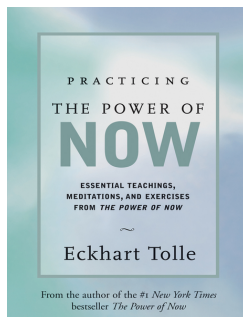
Practices for Growing up Mindful
by Christopher Willard



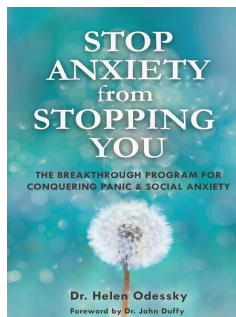
Goodnight Mind
by Colleen E. Carney



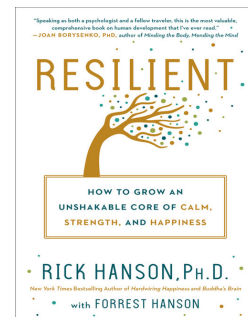
Yoga for Anxiety
by Mary NurrieStearns



Practicing the Power of Now
by Eckart Tolle



Stop Anxiety from Stopping You
by Helen Odessky



Resilient
by Rick Hanson

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Websites on Mindfulness and Mental Wellness for Parents

Family Doctor - familydoctor.org/mental+wellness

Healthy Children - healthychildren.org/ages-stages/teen/pages/Mental-Health-and-Teens-Watch-for-Danger-Signs

Mayo Clinic - mayoclinic.org/search/mindfulness

Medline Plus - medlineplus.gov/mentalhealth

Medline Plus - medlineplus.gov/childmentalhealth

National Institute of Mental Health - nimh.nih.gov/health/publications/children-and-mental-health

Office on Women's Health - womenshealth.gov/mental-health/good-mental-health/steps-good-mental-health

Rural Mental Health Information Hub - RHIfhub - ruralhealthinfo.org/topics/mental-health

World Health Organization - who.int/news-room/fact-sheets/detail/mental-health-of-older-adults

If you need any more information about mindfulness & mental wellness for adults, email fri.libraries@childrens.com.

Sitos Web Atención Plena y Bienestar Mental Para las Padres

Family Doctor - es.familydoctor.org/?s=mental+health

Healthy Children - healthychildren.org/spanish/ages-stages/teen/paginas/mental-health-and-teens-watch-for-danger-signs

Mayo Clinic - mayoclinic.org/es-es/search/mindfulness

Medline Plus - medlineplus.gov/spanish/mentalhealth.html

Medline Plus - medlineplus.gov/spanish/childmentalhealth.html

National Institute of Mental Health - nimh.nih.gov/health/topics/espanol

Oficina para la Salud de la Mujer - espanol.womenshealth.gov/mental-health

Organización Mundial de la Salud - who.int/es/news-room/fact-sheets/detail/la-salud-mental-y-los-adultos-mayores

Si necesita más información sobre atención plena y bienestar mental para las padres, envíe un correo electrónico, fri.libraries@childrens.com.