

Wishing Wellness A Workbook For Children Of Parents With Mental Illness

In partnership with the Centre for Addiction and Mental Health (CAMH), Tundra is proud to launch an important series of books for children who have to cope with adult-sized problems. Young Alex's father had been a policeman until he began to suffer from depression, perhaps the most common mental health issue we face. Alex's questions are those that are often asked by the children of parents who have depression: is the parent simply lazy? Does he no longer care? And is it something I can catch, like a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it reassures a child that he or she is not alone. Written by Canada's foremost experts in the field, this is an important book to spur discussion and allay fears of those affected by depression.

This is a three-part book that honestly and gently addresses key issues in dealing with a parent who has a mental illness. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self-expression.

The Colour Thief is a simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected. We follow a young boy who loves spending time with his dad, doing fun things together. When his father becomes sad and distant, he doesn't understand and believes he has done something to make his dad so, despite being told otherwise. Time passes and his father begins to get happier again and they have fun together like before. Narrated from the child's perspective and illustrated with beautiful pictures by the award-winning artist Karin Littlewood, this is the perfect book to read with children aged 7-9 years old who are trying to understand the cause and effects of depression, and reassure them that depression passes and their parents are not lost to them. 'It's crucial kids learn about depression; that it's nothing to feel ashamed about and they are not alone - one fourth of the world knows what it feels like. It's going to be them that break the stigma, not us.' Ruby Wax 'This book brings freshness and vibrancy into a world often portrayed as dark and hidden, and it can help take away the feelings of helplessness and fear that can make families feel so alone.' Marjorie Wallace CBE, Hon FRC Psych, Founder of SANE. 'Vividly depict[s] a young boy's reaction to his father's depression... it's worth sharing this clever and heartfelt book with the kids in your life.' - Elise Moon (6) and Nick Moon (42), Kent - Single Step Magazine

"In this beautiful, inspiring, and practical book we are invited to look deeply at the landscape around us and create sacred respites from our busy worlds." —Rosemary Gladstar, herbalist and author We all need a personal sanctuary. A place where we can be in harmony with the natural world and nurture our bodies, minds, and souls. And this sanctuary doesn't have to be a far-away destination—it can be in your own backyard. In *Creating Sanctuary*, natural living expert Jessi Bloom taps into multiple sources of traditional plant wisdom to help you find a deeper connection to the outdoor space you already have—no matter the size. You will learn how to design a healing space, how to harness the power of 50 sacred plants, and how to create recipes and rituals that soothe and calm. Hands-on, inspiring, and packed with gorgeous photography, *Creating Sanctuary* will help you find new ways to revitalize your life.

A little girl, Annie, learns coping skills with the help of her grandmother, neighbors, and school friends when her mother's mental illness disrupts her daily routine. Reprint.

Defines depression, identifies depression treatments, and provides many self-help options for those coping with a depressed parent. Includes a note to parents and spaces for writing questions or drawing to help express emotions and concerns.

Carly's goal for you: become a happy, healthy, successful, business-minded boss. Part self-help wisdom, part business school teaching, and part interactive workbook pages, plus real-life advice from 15 amazing, thriving entrepreneurs: this book is everything you need to know to turn your creative passion into a successful company. With clarity and approachability, this complete guide will teach you how to monetize your creativity with a sustainable operation: ideation and business plans, branding, bookkeeping, accounting, marketing, management, social media, and more. Maybe you want to become a social media influencer like Carly. Maybe you want to sell cake pops on the side. Maybe you want to design beautiful branding for small business owners, or maybe you want to run a coffee cart on campus! Whatever your idea, the same responsible business principles apply. With dedicated space for you to write down your own ideas, Carly will walk you through the process, step-by-step. Through it all, Carly will remind you of your true goal: you started your business to make you happy. That's not a bad thing! You can't field calls, answer emails, manage your accounts, and so on, if you're not taking care of yourself first. With firsthand wisdom, she'll encourage you to live a happy entrepreneur's lifestyle because YOU are your business's greatest asset. With insight from some of the best women in the entrepreneurial game, this book will become your most-trusted resource. Thank you to the owners of these amazing small businesses: Chappy Wrap, chloedigital, Sarah Flint, Sarah O. Jewelry, Lycette Designs, Margaux, Oui Create, Grace Rose Farm, Dudley Stephens, Diane Hill, Sara Fitz, BFB Hair and dae Hair, Addison Bay, and The Tiny Tassel!

In this second book by Emma Northup Flinn, with lively illustrations from Rachel Roberie, a student at her alma mater, Northeastern University, team up with an acclaimed ant named Sammy to explore mental illness in an approachable and gentle manner appropriate for young readers. *Dear Allison* also features a letter from the President, as well as opportunities for further discussion and online activities. Emma is sitting on her back deck when a family friend, Sammy the intelligent and charming ant, makes a surprise visit. As they adventure together across the east coast, they work together to learn to fight the stigma associated with mental illness. Can Sammy and his friends uncover the mystery of human behavior?

"Wishing wellness is a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers..."--Cover back.

Meet Binky Bunny in this heartwarming story, that's for all families who struggle with mental illness and the toll it can take on the family when questions are left unanswered. Mama Bunny explains to Binky she is a strong Bunny even though she has Bipolar. He knows this, and teaches his father to be more patient, loving, and kind. Through Binky Bunny, a lesson is learned in this family to not let Bipolar get in the way of life's every day gifts. With God's love we are to appreciate each other for who we are.

Healing Feelings is a warm, rhythmic story that brings hope for healing to children living with a grownup who is dealing with a mental illness. The story explores the process of healing feelings and opens up the opportunity to dialogue with children about this challenging topic.

Studies show there is a clear link between bipolar disorder and obesity-related illnesses. In this workbook, a leading Harvard Medical School researcher and bipolar expert presents a step-by-step, evidence-based behavioral lifestyle program to help people with bipolar disorder live healthy lives, regulate moods, and lose weight. If you have bipolar disorder, you already know about the emotional ups and downs that can accompany this disorder. But you may not know that people with bipolar disorder are far more likely to die from obesity-related illnesses as a result of poor nutrition and poor lifestyle choices. For the first time ever, this comprehensive workbook offers the proven-effective, Harvard-researched diet and lifestyle program made popular in the best-selling book *Eat, Drink, and Be Healthy*, to help you

manage your moods, lose weight, and thrive. When you are experiencing a manic or depressive episode, making healthy lifestyle choices is probably the last thing on your mind. That's why The Wellness Workbook for Bipolar Disorder offers guidance to help you implement healthy changes into your daily life—one step at a time.

Concepts of Physical Fitness & Wellness: A Comprehensive Lifestyle Approach provides readers with self-management skills necessary to adopt a healthy lifestyle. These skills will make a positive difference in one's health, fitness, and wellness through the use of activity labs and logs.

This book is a child's perspective what it's like to have a parent who live with bipolar 1 disorder. It contains a simplified explanation of what is going on in their parent's brain during a manic episode.

Little Bea has a pretend friend, so does Big Jay. Their pretend friends are very different and people react very differently to them. Little Bea has lots of fun adventures with her pretend friend Nye Nye. Big Jay's pretend friends don't make him happy, in fact they can make life quite hard for Big Jay. This full colour story book helps to explain in a child-friendly way what life is like for those who hear voices or have other hallucinations or delusions as a result of mental illness.

Appropriate for children aged 4 and above, it describes why these auditory and visual hallucinations are very different to the enjoyable imaginary friends many children create, and explains some of the things that may help people like Big Jay. Guidance for teachers on two pressing problems in student mental health. Anxiety and depression are two of the most common mental health problems for young students, and can be particularly hard to detect and support. In this book, the first of its kind for teachers, Nadja Reilly lays out with richly detailed examples the signs to look for so educators can direct their students to help and ensure emotional wellness in the classroom. Grounded in recent psychological research and practical self-regulation tools, Reilly opens her study out onto nourishing emotional wellness in all students, communicating with parents, and schoolwide mental health advocacy.

Based on the empowering and beloved viral video rap by six-year-old Sam White and his dad, Bobby, as seen on The Ellen Show and more, comes a book about the many careers kids can aspire to, from A to Z! You can be an A--an architect, a B--a biochemist, a C--a computer software developer, and so much more! It's all about doing what you love and putting your heart into everything that you do. In this alphabet book of careers, the options run from A to Z! And six-year-old social media sensation Sam White and his dad, Bobby, want every kid out there to know that they can reach for the stars and make their dreams come true, whatever they want to become. Just don't be a Z--a zombie, and let the world pass you by. With dynamic and joyful art by Robert Paul Jr. accompanying Sam and Bobby's viral rap, this book will have readers celebrating the potential in everyone.

The first-ever Eric Carle preschool workbook, featuring letters, sounds, numbers, counting, and patterns! Preschool children will love the interactive activities within this workbook, and fans of The Very Hungry Caterpillar will delight in exploring and learning through a world of popular characters. With material that aligns with national Common Core Standards, and is vetted by a top educational consultant, this workbook is designed to build and reinforce preschool skills in an accessible way for young learners everywhere. This vibrant workbook contains: - Interactive activities Have hands-on fun with basic concepts and objects such as colors, shapes, days of the week, food, and animals. - Learning through play Make educational material more engaging and allow young learners to apply the skills they've been practicing in an exciting and creative way! - Key Readiness Skills Set kids up to succeed through interactive, accessible, and engaging workbook exercises. World of Eric Carle is partnering with educational consultant Wiley Blevins, who brings his thirty-plus years of curriculum and educational expertise to each lesson and activity created for this workbook.

When Big Anthony borrows Strega Nona's magic ring to turn himself into a handsome man, he gets more trouble than fun.

The star of HGTV's Flip or Flop Christina Anstead partners with celebrity nutritionist Cara Clark to help women remodel their lives—in mind, body and spirit. Christina Anstead, star of HGTV's Flip or Flop and Christina on the Coast, is known for her boundless energy, positive attitude, and radiant looks. But what was hidden from fans of her popular television shows was a very real health crisis, including a diagnosis of autoimmune disease, infertility, and the emotional and physical exhaustion of going through a divorce with two young children—all in the public eye. The stress of managing it all wreaked even more havoc on her already strained body. It wasn't until Christina met nutritionist Cara Clark that she discovered a path that allowed her to regain her health and heal in body and mind. In The Wellness Remodel, Christina chronicles her health journey and shares what she's learned about the importance of creating balance and prioritizing physical and mental self-care. Divided into three parts—"Gut Rehab" (food and nutrition); "Building a Strong Foundation" (exercise); and "The Rewire" (mindfulness)—the book will be an accessible guide to full-body wellness, offering simple strategies anyone can put into action for immediate results. Christina and Cara will also share their simple cooking strategies built for the real world of working parents and busy weeknights, including sixty of their favorite recipes, complete with beautiful photos and easy-to-follow instructions. Inspiring, informative, fun, and empowering, The Wellness Remodel will give readers everything they need to nourish the body, keep it strong, and help their spirit flourish. Play with paint, get creative with color, and discover your personal palette--a joyful, interactive workbook for creativity, self-expression, and deepening your understanding of how color works. Color is one of the most profound ways we have to express ourselves. In this lively workbook for artists, graphic designers, hobbyists, and creators of all types, you will journal your way through fresh and enriching ways to develop a more personal connection to color in your art and life. Using watercolors, gouache, or any other water-based medium, dive into color theory and explore your personal style while playing with a balanced blend of experiments and color meditations. Discover a personal color wheel while exploring tints and shades. Experiment with color mixing while you make as many of one color as you can - and then name them all (honeydew green, avocado green, mint ice cream...). Through playful prompts and inspiring examples, and with lots of room for painting, this book will guide you to a new or expanded relationship with color and deepen your understanding of what color can do for you. For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety and uncertainty. This story helps us to understand the causes of bipolar disorder and how we can learn to live with someone who has it.

Knock, Knock, Who's There, Bear? A Story About Embracing Bipolar Disorder helps children understand various bipolar disorder symptoms and what to do about them. The story setting is a playground with Bear as the main character. It describes Bear's brain, symptoms, friendship and just being special for who you are.

Often when people are given a mental health disorder diagnosis the weaknesses are clear and overwhelmingly emphasized, while the strengths are ignored or forgotten. The mental health children's book series 'What Mental Disorder?' challenges the stigma against therapy and diagnosis. It enlists the reader to view the character as a whole being and not as a mental issue. Although there are aspects that the character will have to learn to cope with in order to function successfully in their life, there are also amazing traits that make them unique and remarkably accomplished. Darla the Elephant has Bipolar Disorder is a picture book that takes a unique look at the positive and negative characteristics of Bipolar Disorder. Meeting inspiring Darla you get to experience how her day to day routine is, the aspects that she will have to cope with, the amazing personality traits that she has, and how she can learn new skills to be the best cat she can be. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience.

The book series 'What Mental Disorder?' including Darla the Elephant has Bipolar Disorder is excellent for therapeutic clinicians, those diagnosed with Bipolar Disorder, or those who would like to gain a better understanding of the disorder.

"Sometimes Mummy has happy days, where she talks and laughs all day long. Sometimes Mummy is sad. She cries all day and stays in bed. Sometimes she's so sad she has to go to hospital." The symptoms of a mental illness can be challenging enough for adults to understand and live with. For a child whose parent lives with bipolar disorder, witnessing and experiencing the highs and lows that this particular mental illness brings with it can be very difficult for a child to process. 'My Happy Sad Mummy' provides both a starting point; for the necessary dialogue that will lead the child to a clearer awareness and understanding of their parent's illness, as well as comfort; to know that their experience is a shared one. "I strongly recommend 'My Happy Sad Mummy' - I have not seen anything of its like before." - Professor Philip Mitchell (AM, Scientia Professor, Head of the School of Psychiatry, University of New South Wales and Director of the Black Dog Institute) "Author Michelle's personal journey of living these experiences suffuses the book with meaning and a gentle humour, which will provide families with wonderful opportunities for conversation about making sense of the situation." - Rose Cuff (Executive Director, Satellite Foundation. Victorian FaPMI Coordinator - Families where a Parent has a Mental Illness).

One in every five Americans lives with at least one disability or disorder, including both the obvious, such as those requiring the use of a wheelchair, and the less evident ones, such as eating disorders or Asperger's syndrome. Those responsible for teaching disabled students and providing services and support for them need ready access to reliable and up-to-date resources. *Disabilities and Disorders in Literature for Youth: A Selective Annotated Bibliography for K-12* identifies almost 1,000 resources to help educators, professionals, parents, siblings, guardians, and students understand the various disabilities and disorders faced by children today. This bibliography consists of four major headings_Emootional, Learning, Physical, and Multiple Disabilities_which are further categorized into works of fiction and nonfiction. Annotations provide a complete bibliographical description of the entries, and each entry is identified with the grade levels for which it is best suited and resources are matched with appropriate audiences. Reviews from recognized publications are also included wherever possible. Anyone interested in identifying helpful resources regarding disabilities and disorders will find much of value in this essential tool.

Amanda Martha tries to understand her mother's depression, which sometimes makes her sleep all day, feel sad, or cry. Pete's dad is being pursued by a secret organisation and both their lives are in danger. That's why they never stay in the same place long, and always stay out of sight. Pete knows he leads an unusual life for a twelve year old boy, but he's never dared to ask questions before. Now he needs some answers. He's clever, he starts to piece the scraps of information together, but he isn't prepared for the truth.

This is a three-part book that honestly and gently addresses key issues in dealing with a parent who has experienced trauma. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self-expression.

The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. *The Autoimmune Wellness Handbook*, from Mickey Trescott and Angie Alt of *Autoimmune-Paleo.com*, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. *The Autoimmune Wellness Handbook* goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

Sometimes Bipolar Bear finds himself at the bright North Pole or the dreary South Pole. Using tools he finds either on his own or with the help of his family, he's able to make his way back to his home. Cut out the sunglasses and the flashlight in the back to get involved, and if you flip through the pages quickly, you just may find a nice surprise!

Is it really better to have loved and lost than never to have loved at all? Tara Tremaine is a woman with a mission - to pick up the pieces of a life she turned her back on and win back her estranged husband, Danny. Nothing will stand in Tara's way, least of all the dangerous secret that drove them apart or Danny's growing feelings for another woman... Since arriving in Polwenna Bay hardworking vicar Jules Mathieson has put duty above her own heart. Jules adores her new life by the sea and secretly loves troubled war veteran, Danny Tremaine. When Tara returns Jules knows stepping away from him is the right thing to do, no matter how much it hurts. Danny Tremaine's world has been shattered. With life-changing injuries, a broken marriage and his glittering military career abruptly over, he returns to the family home to a rebuild his broken body and heart. Danny knows his friendship with Jules could blossom into more but allowing this to happen will come at a very high price - one that could cost him everything. With Christmas fast approaching Jules, Danny and Tara are not the only people in the village with secrets and long cherished dreams. Maybe with a little seasonal magic, some winter wishes really will come true?

A tough-loving guide to figuring out your next steps and believing in yourself enough to take them If there's one phrase women's leadership expert Maxie McCoy hears over and over again in talking to young women, it's "I'm so lost." Not only do they doubt the direction their lives are going—they don't even know where to start making changes. This book provides a straight shot of encouragement to change that. *You're Not Lost* is the manifesto for a generation of women who don't have the self-confidence to trust their instincts and go for it. This compelling guide gets to the root of the problem, showing you how to drop the panic-inducing, big-picture obsession over "Where am I going with my life?" and

instead shines a spotlight on the small yet impactful decisions that will take you from lost to found. With step-by-step advice, thought-provoking exercises, and real-life stories from Maxie and other inspirational women who have been there and succeeded, this book is an energizing action plan for getting to the amazing career and life you deserve.

The Bipolar Bear Family is a story about a young cub who struggles to understand his mother's behavior and her subsequent diagnosis of Bipolar Disorder. The story of The Bipolar Bear Family helps children of bipolar parents address such questions as: Is this my fault? Is it contagious? Can I fix it? According to the National Institute for Mental Health, Bipolar Disorder affects more than 2 million American adults. Further, we know that the dynamics of Mental Illness closely mirror the dynamics of alcoholism and addiction in its impact on the family system. By compassionately educating parents and children, the author hopes to make a life-long difference for these courageous families.

An eye-opening look at one mother's determination to provide positive male role models for her son, and the power of great mentoring to change lives. When MaryAnne Howland's son was turning thirteen she organized a "Black Mitzvah" rite of passage celebration for him. Max is one of the one-in-three children in America being raised without a father in the home. Among African-Americans, that number is reported to be as high as 72 percent. To help fill the father-shaped hole in Max's life as he transitioned from boyhood to manhood, MaryAnne invited four men from different corners of her life --an engineer, a philanthropist, a publisher, and a financial planner--to become Max's mentors. Max has faced many challenges. As a boy without a consistent father figure in his life, as an African-American male in a time when race relations in this country continue to be fraught, and also because Max was born premature and as a result has cerebral palsy, he has had to be a true warrior. On the brink of manhood, his mother wanted to give him the benefit of men who could answer some of the questions she felt that she, as a woman, might not be able to answer. Through his adolescence, Max's mentors have shared valuable insights with him about what it means to be a good man in the face of life's challenges. These lessons, recounted in this book, will serve as a powerful roadmap for anyone wishing to support boys as they approach manhood.

With this full-color storybook, boys and girls ages 0 to 3 will love meeting Blue, Josh, and the whole gang from the new Nickelodeon show Blue's Clues & You! This Nickelodeon read-along contains audio narration.

In The ADHD Workbook for Kids, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors.

Drawing on the concepts and principles taught at the Disney Institute, a former Disney executive introduces a series of strategies designed to promote "magic" within any organization, enhanced by real-life anecdotes and sound business advice.

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