



Reading for Wellbeing: what's it all about?

'Reading for Wellbeing' can be defined as reading self-help books to help you tackle problems you may be facing at a particular time in your life. It involves reading specific books or e-books which are relevant to your situation.


The Counselling Team has identified a list of books and e-books that are available from the University Library that you might find helpful. There are over 20 topics, including anxiety, stress, depression, bereavement and relationships. Why not have a look at the list to see whether there is a book that might help you?

Reading self-help books could be the first step you take to get support with the issues you are facing. They can help you feel that you are not alone, and that you are not the first or last person likely to face these problems.

The benefits of reading for wellbeing:

- It can be reassuring to feel that you are not alone in dealing with a particular problem. You may gain a new perspective on your situation, and feel more able to tackle it.
- Many of the books contain questionnaires to help you learn about yourself and practical exercises for you to try. Learning new tools and coping strategies will help you feel more in control of your life. Learning about an issue might give you the right words and confidence to seek additional help, such as talking with your friends and family, your GP, a Counsellor or a Lecturer.
- If you feel more able to tackle personal issues, this can help get your studies back on track. Research has shown that reading for wellbeing can help boost our wellbeing, self-confidence, self-esteem and overall quality of life.

How to access the books:

- Click on the paperclip to browse our list to identify the self-help topic/s you are interested in.  Once you have identified a book or books, log in to the University Library catalogue to check availability as you would for any books you need for your studies. Our book list details which campus or campuses each title is shelved at. If a book is held on another campus, you can request it in the usual way.
- The books on our list are shelved in the library according to subject area. They are not in a distinct 'self-help' area, so you can browse personal or sensitive subjects in a discreet way.
- Some of the titles on our list are e-books – these are a great option if you want a very discreet and practical alternative to a paper book.
- As well as having a look at the self-help books on our book list, you might also want to check out the Library catalogue for fiction – reading fiction for pleasure is a great way of unwinding and giving yourself some 'me time'!

