



## Book list for schools wanting to support the wellbeing of their staff

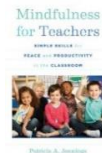
### RECOMMENDED BOOKS

First Aid for Teacher Burnout



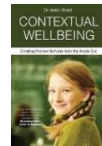
Jenny Grant Rankin

Mindfulness for Teachers



Patricia A Jennings

Contextual Wellbeing



Dr Helen Street

Your Strengths Blueprint



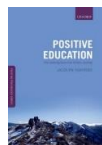
Michelle McQuaid &  
Erin Lawn

Your Wellbeing Blueprint



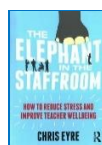
Michelle McQuaid &  
Dr Peggy Kern

Positive Education



Jacolyn Norrish

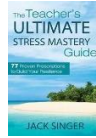
The Elephant in the Staffroom



Chris Eyre



The Teacher's Ultimate Stress  
Mastery Guide



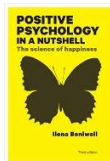
Jack Singer

Mindful Learning



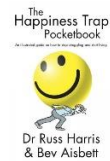
Dr Craig Hassed &  
Dr Richard Chambers

Positive Psychology in a Nutshell



Ilona Boniwell

The Happiness Trap Pocketbook



Dr Russ Harris &  
Bev Aisbett

Flourishing in Faith



Gillies Ambler  
Matthew P Anstey  
Theo D McCall  
Mathew A White

Character Toolkit for Teachers



Frederika Roberts &  
Elizabeth Wright

Character Strengths Interventions



Ryan M Niemiec