



Read@Work

Your Reading Supplement for Work and More

Rethink Mental Health.



"If something is wrong, fix it now, but train yourself not to worry. Worry fixes nothing."

- Ernest Hemingway

CURATED READS

Mind Your Head

With blurred work-life boundaries and the feeling of being "always on", the pandemic has created new stresses at the workplace. Paradoxically, it has also reinforced the importance of mental wellness. Here are some resources to help you cope better with fresh challenges in the new normal.

The Anxiety First Aid Kit

by Rick Hanson
eBook only

All rights reserved,
Oakland: New Harbinger Publications, 2020.

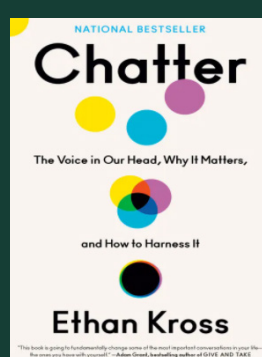
Feeling completely stressed out and anxious? Authored by experts, this book offers a series of strategies and in-the-moment interventions to calm anxiety and stress in a world disrupted by Covid-19.

Borrow the e-book [here](#).



Chatter

by Ethan Kross
Call no.: 158.1 KRO



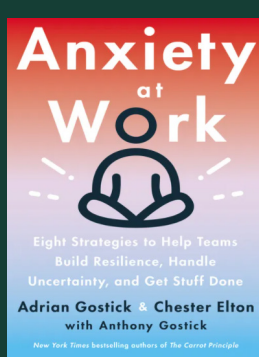
All rights reserved,
New York: Crown, 2021.

We all have a voice in our heads. This internal dialogue has a powerful effect on our mood, health and relationships. Award-winning psychologist Ethan Kross introduces ways to use positive self-talk to buoy yourself up for a more fulfilling and energised life.

Borrow the e-book [here](#).

Anxiety at Work

by Adrian Gostick, Chester Elton
eBook only



All rights reserved,
New York: Harper Business, 2021.

Stress, worry, fear and anxiety often permeate a workplace when there is the need to strive and succeed at all costs. The writers identify the causes of these unwelcome emotions and suggest management practices that combat these unpleasant feelings to build a more resilient workforce.

Borrow the e-book [here](#).

Getting Mentally Healthier

JustAsk
Resource Page



This beautiful, interactive resource page compiles 30 easy-to-implement, science-based habits to improve your mental well-being. Just pick what works for you!

Read more [here](#).

MIN TIPS

PEAKING WORK PERFORMANCE

WATCH THIS!

Peaking Work Performance
I MIND-TIPS

THE HIT LIST

What is it like to embark on new adventures and take the road less travelled? Take a break from the monotony of life and immerse yourself in the stories of people who did just that.

Borrow the e-books [here](#).
(The Hit List collection)



BOOKS WE LOVE A DASH OF ADVENTURE

Get Professional Series

Are you interested in...



Learning important skills to enhance employability?



Coping in the new normal?



Improving your workplace productivity and efficiency?

Sign-up for a Get Professional Series programme today!

DID YOU KNOW?