

This week's Reading Challenge falls in National Mental Health Awareness Week. Therefore I am suggesting you may like to read a self help book, or a novel depicting someone else's mental health.

Self Help Books

1. You're Crushing It by Lex Croucher*
2. The Grit Guide for Teens by Caren Baruche-Feldman*
3. The Self –Esteem Habit for Teens by Lisa m Schab*
4. Mindfulness for Teen Worry by Jeffrey Bernstein*
5. Just as you are Michelle Skeen and Kelly Skeen*
6. Blame my Brain by Nicola Morgan*
7. Grief recovery for teens by Coral Popowitz*
8. The Social Media Workbook for Teens by Goali Saedi Bocci *
9. Mindfulness for student athletes*

Books Depicting someone else's mental health.

1. Turtles all The Way Down by John Green*
2. Darius the Great is Not Okay*
3. Hold Still by Nina la Cour
4. Highly Illogical Behaviour by John Corey Whaley*
5. How it feels to Float by Helena Fox
6. Looking for Alaska by John Green*
7. Verona Comics by Jennifer Dugan
8. I was here by Gayle Forman

(all of these with * can be found free on Wheelers ePlatform)

Remember to look after yourself and others. Stay positive. Be kind.