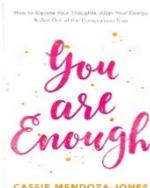


RU OK Library Display: Inspiring Reads for Mental Health Awareness



The Australian Science & Mathematics School Library takes great pride in its recent display of a carefully selected book collection to commemorate RU OK? Day, a nationwide initiative that promotes discussions surrounding mental health and wellbeing. Our library collection provides students with essential resources for managing life's difficulties whilst building a supportive and compassionate community.

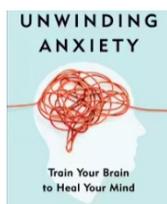
Some of the titles in the display were:



- **You Are Enough by Cassie Mendoza-Jones**: A motivational handbook for self-acceptance and positive body image, affirming readers' inherent value and inspiring them to genuinely embrace their true selves.



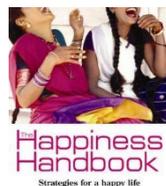
- **The Art of Being a Resilient Teenager by Nicola Morgan**: A hands-on resource providing techniques for conquering challenges and developing emotional strength, ideal for students managing pressure and life's fluctuations.



- **Unwinding Anxiety by Dr. Judson Brewer**: An evidence-based manual that examines methods to escape the pattern of stress and anxious thoughts. Through mindfulness practices and practical guidance, this resource assists readers in reclaiming command of their psychological wellbeing.



- **The Serenity Passport by Megan C Hayes**: An elegant examination of customs and practices from various cultures worldwide that encourage tranquillity, relaxation, and wellness. This resource offers an opportunity to discover inner peace in daily experiences.



- **The Happiness Handbook by Jenn Lim**: An energetic publication containing approaches for developing joy and meaning, including resources and activities to assist readers in matching their aspirations with their principles.

****Reminder to check out what books, online resources we have available by going to our Library resource page****

ASMS CATALOGUE

Check out the "findit@flinders" library catalogue on Library Resource Page.
[Research \(sharepoint.com\)](https://research.sharepoint.com)

In these holidays take a story with you to read 📖



Spring Break = Reset + Read

Need a break from the textbooks?

Spring break is your chance to recharge—and maybe get lost in a story that actually *speaks* to you.

Whether you're into gritty realism, fantasy, sharp-witted classic romance, or historical drama, the library's got reads that match your vibe.

No pressure. No assignments.

Just good books and better moods.

Come browse, borrow, and find something that makes you think, laugh, or escape for a while.

Read, Relax & Recharge