

## PODCAST RECOMMENDATIONS

### Huberman Lab:

- Neuroscientist Perspective on various Mental Health issues
- Practical tips and action steps to see change today

### The Next Right Thing:

- Soft, gentle guidance with decision-making
- Thought-provoking and relaxing

### The Psychology of Your 20's:

- Insightful, factual information about navigating your 20's

### Where Should We Begin:

- Couples therapist who shares recorded couples therapy sessions
- Good insight into various couples-related issues and how to resolve them

### The Happiness Lab with Dr. Laurie Santos:

- Information about how to best manage depression

### Unlocking Us by Brene Brown:

- Thought-provoking conversation about vulnerability, relationships, and society at large

### The Anxiety Guy Podcast:

- Science-y but applicable tools and information to help manage anxiety

### The Health Anxiety Guy Podcast:

- Tools and information for those struggling with health anxiety or illness anxiety disorder

### Move With Heart:

- Fun, relaxing to listen to regarding health, wellness, and navigating life with Melissa Wood, a fitness instructor

### Fight Hustle, End Hurry:

- A Christian Pastor's podcast about slowing down, setting boundaries, and living a high quality life of peace

MOOD with Lauren Elizabeth:

- A 20-something mental health influencer speaks about her struggles with mental health, but blends this with humor and practical tips

The Mellow Mama Podcast:

- Parenting podcast for mothers who are parenting intentionally and wanting to avoid projecting anxiety onto their children

On Purpose with Jay Shetty:

- Retired monk speaks about spirituality, relationships and getting in touch with our highest self

The Intentional Parents Podcast:

- Group of parents who speak about parenting strategies that work and how to build a good relationship with your children

Optimal Daily Living:

- Very factual and evidence based ideas for how to improve your mental health and overall quality of life