

Wellness and mindfulness podcasts

Thinking about wellness and practising mindfulness can be a big help in calming the mind, body and spirit in these stressful times. Everyone is different but here's some suggestions that you might enjoy.

- **Healthy-ish:** Daily Coronavirus check in.
<https://podcasts.apple.com/au/podcast/healthy-ish/id1246679887?mt=2>
- **Crappy to Happy:** Feeling low in energy, mood or motivation?
<https://podcasts.apple.com/au/podcast/crappy-to-happy/id1274672540?mt=2>
- **Oprah's Super Soul Conversations:** Maybe just a little celebrity guidance to lift you?
<https://podcasts.apple.com/au/podcast/oprahs-supersoul-conversations/id1264843400?mt=2>
- **10% Happier:** Some great coronavirus-inspired podcasts including how to actually get work done at home.
<https://podcasts.apple.com/au/podcast/10-happier-with-dan-harris/id1087147821?mt=2>
- **Sleep with me:** Stress and anxiety means you might not be getting the sleep that you need. Try these stories to rock you to sleep.
<https://podcasts.apple.com/au/podcast/sleep-with-me/id740675898?mt=2>
- **Meditation Oasis:** Relax deeply, be more present, and flow with life more easily.
<https://podcasts.apple.com/au/podcast/meditation-oasis/id204570355?mt=2>
- **Coronacast** - It's from the ABC so it must be legitimate! Answers the questions that are out there, or you can ask a question and they'll try and answer it in an upcoming podcast. <https://www.abc.net.au/radio/programs/coronacast/>
- **Sunny side up! Ash London** - Life is a little weird right now. In search for an antidote for the anxiety that comes with a worldwide pandemic, each morning Ash London chats to someone from around the world who's had a positive experience in their local community. Hopefully it will inspire us all to be a little kinder, reach out to our neighbour, and survive this craziness in one piece. All in the time it takes to cook your morning egg!
<https://podcasts.apple.com/au/podcast/sunny-side-uptrailer/id1503583102?i=1000469288526>

