

Podcasts and Well-being

A conversation on why, even when not focused on well-being and mindfulness, podcasts can be good for well-being. Some personal recommendations follow – please note, some contain swearing. Access podcasts via your preferred provider, e.g. YouTube, Spotify, or radio app.

What are the benefits of listening to podcasts and not, say, watching something on Netflix?

'I think a podcast is quite a personal thing, almost like a relationship. Once you find one you like, you choose to have that weekly interaction with it. I think a lot of the content is relatable also, given how simple or unscripted they can be. You can tune in whilst doing other stuff – exercising, commuting – you don't have to create time for it. You can also listen on your own schedule.'

What makes a good podcast?

'Not too long, relatable content, good subject matter. You can get a podcast on anything, so I think you need a mix of simplicity with something that stands out. A lot of well-known people either host or appear on podcasts, so if you're a fan of that person, it can often be a good starting point, and can lead to you following a podcast you otherwise wouldn't have known about.'

There's nothing about well-being specifically on the list – have you found any well-being benefits to listening to podcasts?

'It's improved my wellbeing 10-fold, possibly because it's combined with exercise. They also help me sleep. All of these podcasts touch on wellbeing indirectly - there will always be an episode or a story where people talk about their own mental health. Hearing other people's stories I feel can help others.'



Podcast Recommendations

Elis James and John Robins

- **How Do You Cope?**

Comedians and broadcasters Elis James and John Robins talk to a variety of guests in which they discuss the challenges and obstacles they have faced in their own lives.

- **The Isolation Tapes**

Elis and John attempt to cope with the realities of lockdown. A relatable listen, with a noticeable shift in tone as lockdown progresses.

Off Menu with Ed Gamble and James Acaster

Comedians Ed Gamble and James Acaster invite a special guest to dine in their 'Dream Restaurant' where the lucky diner can choose their all-time favourite starter, main course, side dish, drink and dessert. Guests recap their favourite dishes, and the surprisingly funny stories that accompany their choices.

Films to be Buried With, with Brett Goldstein

Actor and comedian Brett Goldstein is OBSESSED with films. So much so that each week he informs a celebrity guest of their unfortunate passing, only to let them know that once arriving in heaven they are invited to speak about the films that mean the most to them for various reasons. Set questions are posed to each guest with funny, controversial and more often than not, emotional and quite moving results.

The Adam Buxton Podcast

Each week, British comedian, actor and writer Adam Buxton has a 'ramble-chat' with interesting people. The guests range up and coming comedians and performers to the likes of Sir Paul McCartney.

Rob Beckett and Josh Widdicombe's Lockdown Parenting Hell

The woes of parenting through lockdown. Listeners and guests share their own experiences and tribulations brought on by the pandemic in an attempt to find solace in the fact that they are not alone.