



LISTEN TO SOMETHING NEW THIS WEEKEND

10 podcasts for wellbeing

Podcasts are a great way to explore new topics and engage in important conversations as well as achieving some escapism and just having a good giggle!

Whether you are an avid podcast listener or a newby to the platform, there is hopefully something for everyone in the following list. Don't hesitate to send us your suggestions too!



10 podcasts for wellbeing

Podcasts for a positive outlook



In order to achieve growth, discomfort is unavoidable. So why not seek it out? Yes Theory co-founders reflect upon how discomfort actually might hold the keys to meaning and happiness. [Click here](#)

Fearne Cotton talks to incredible people about life, love, loss, and everything in-between as she reveals what happiness means to them. [Click here](#)



Jay Shetty has fascinating conversations with the most insightful people in the world, [Click here](#)

Podcasts to broaden your interests

If you've ever wanted to know about champagne, satanism, the Stonewall Uprising, chaos theory, LSD, El Nino, true crime and Rosa Parks, then look no further. Josh and Chuck have you covered. [Click here](#)



Award-winning podcast from the QI offices in which the writers of the hit BBC show discuss the best things they've found out this week. [Click here](#)

Podcasts to relax to



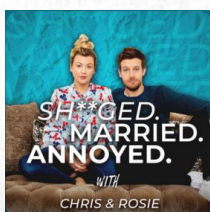
Eight tracks, a book and a luxury: what would you take to a desert island? Guests share the soundtrack of their lives. [Click here](#)



Jessie Ware hosts a podcast about food, family, and the beautiful art of having a chat, direct from her very own dinner table. Oversharing guaranteed. [Click here](#)

An antidote to today's frenzied world. Step back, let go, immerse yourself: it's time to go slow. A lo-fi celebration of pure sound. [Click here](#)

Podcasts to make you laugh!



The only way Rosie and Chris Ramsey can have a conversation without being interrupted by a toddler is by doing a podcast. They'll be chatting all about life, relationships, arguments, annoyances, parenting, growing up and everything in between [Click here](#)

Comedians Ed Gamble and James Acaster invite special guests into their magical restaurant to each choose their favourite starter, main course, side dish, dessert and drink. [Click here](#)

