

## PODCASTS & APPS

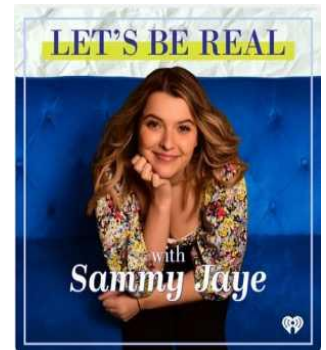
### TOPICS: Relax & Distract, Mental Health, Wellness & Self-Care, Apps



#### TOPIC: Relax & Distract

- **Let's Be Real** with Sammy Jaye

On the **Let's Be Real** podcast, 17-year old Sammy Jaye delivers honest and unfiltered conversations with celebrities, activists, athletes and influencers by not shying away from real and authentic discussions. Topics include mental health, political activism and the pressure of social media to lighter topics like friendships, dating and pop culture.



- **The Two Johnnies**

An eclectic mixture of comedy, current affairs and sport, The 2 Johnnies Podcast brings together a wide range of Irish themed topics into an hour of engaging listening, and has even boasted guests such as Ireland rugby international Tadhg Furlong, Comedy legend Tommy Tiernan, Conor McGregor coach John Kavanagh and more.



- **Teen Girl Talk**

Hosts Franklin and Susie Cota aren't teenagers, but they delve into books, movies, and TV shows made for teens, talking about the portrayal of the teenage years while remembering their own pasts.



- **Ted Talks Daily**

Every teen has probably dipped into a TED Talk or two. The podcast maintains what's enjoyable about them: they're short, easily digestible nuggets of interesting information.



- **Adult ISH**

YR Media is a media company run and produced by young people who are interested in careers in journalism and media — ie, it's made by teens. They have a bunch of podcasts, but *Adult ISH* is a good one for older teens who are soon to be headed into the real world.



- **Anything goes by Emma Chamberlain**

Anything really does go on this podcast. Thoughts, conversations, and advice on topics from relationships and dealing with failure, to the trials and tribulations of being a cat mom, and ridiculous stories with friends we can all relate to.



- **Charlie and Dixie**

Through in depth conversations with each other and the people closest to them, Charli & Dixie will dive into the trends that are lighting up their social channels, talk about what excites them, what inspires them and whatever else is on their minds.



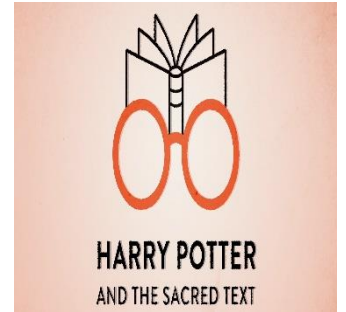
- **Dear Irish People**

Dear Irish People... is a podcast that delves into everything Irish. It focus on my life as a black Irish teenager and child growing up in Ireland. This podcast is full of laughter, realness and experience. It's unique as we hear normal, everyday peoples experiences too.



- **Harry Potter and the Sacred Text**

Some teens might claim flippantly that Harry Potter is like a religion to them. This podcast takes that seriously, studying the books as if they were spiritual texts, and discussing themes like commitment, revenge, and forgiveness and how they fit into the context of these themes in other religions.



- **Science Friday**

Science Friday, or "Sci Fri" to the initiated, is another podcast for science lovers: It focuses more on current events, and the scientific concepts that are in the news.



- **Part Time Genius**

For teens who love asking absurd questions, this podcast may just have the answers. Hosts Will and Mango investigate topics like weird inventions, how rats keep outsmarting humans, and reasons to love raccoons.



- **Radiolab**

Adults, teens, maybe even brainy kids can get into the explorations behind Radiolab, since the hosts break down scientific concepts to make them broadly accessible. Recent episodes have focused on how experts arrived at six feet as the distance people need to stay apart to stop the spread of germs, and the mysteries still going on in outer space.



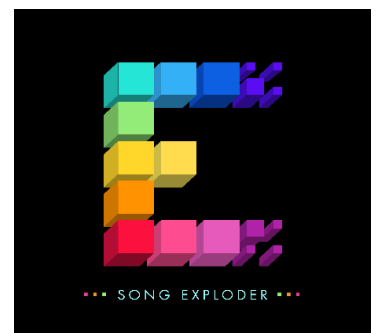
- **How To Do Everything**

In this podcast, hosts Mike Danforth and Ian Chilag of NPR discuss and answer listeners' questions about topics that relate to, well, *everything*. People are invited to ask the hosts questions via their website. With the help of experts — and accompanied by humor and laughs — those questions are answered in each episode. Podcast topics have ranged from differentiating the presidential candidates to how to clean a ceiling fan. New podcast episodes are released approximately once a week.



- **Song Exploder**

For music fans (and possible future songwriters?), this podcast has musicians take apart their own song and explain how they were made. It mostly focuses on indie rock acts, but guests have everyone from FKA Twigs to K-pop Star Eric Nam to '90s radio staple Semisonic.



- **Stuff You Missed in History Class.**

History is full of weird, wonderful stories that are often glossed over in academic settings. This podcast uncovers some of those incidents, like the government's weird obsession with margarine, the "flying ambulance" developed for Napoleon's army, and the tale of the first woman to circumnavigate the globe ... on a bike!



## TOPIC: Mental Health

- **Mental Music**

This is a podcast made for and by teens, focusing on mental health. Episodes focus on topics like insomnia, how sound affects everyday life, and social media and mental health.



- **Where is My Mind? by Niall Breslin**

Irish musician Niall Breslin has not shied away from using his platform to speak about mental health. *Where is My Mind?* touches on a range of topics, from the technology that's constantly plaguing us to coping with daily stressors, in a way that normalises the struggles we face in this intense world we are living in. Episodes are around 40 minutes long, and there is also the option of an additional 15-20 minutes of guided, mindfulness-based meditation to keep you focussed in the present moment.



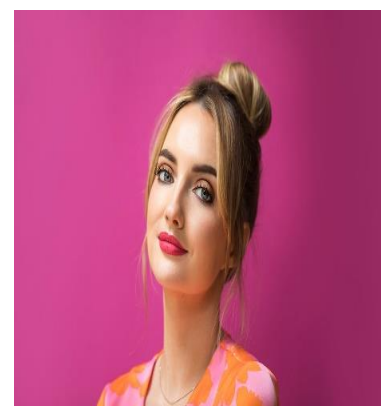
- **The Socially Awkward Podcast**

You don't have to be socially awkward to enjoy The Socially Awkward Podcast. The hosts, Justin and Zac Weber (aka "The Weber Boys"), aren't teens, but the stories about their lives are good for a laugh.



- **Owning It: The Anxiety Podcast**

This practical and relaxed series from author Caroline Foran explores everything from how our brains work and why it's actually very normal to the various tools and techniques necessary for owning it. As well as covering real-time panic attack recovery and the differences between emotional stress and mental illness, this podcast deals with the specific worries that come with living in lockdown and coming out of it.



- **Let's Talk About Mental Health** by *Jeremy Godwin*

*Let's Talk About Mental Health* is a weekly podcast by Australian writer Jeremy Godwin. As someone with a history of severe anxiety and depression, Godwin wanted to provide a space for an open and honest conversation about mental health – and the *Let's Talk About Mental Health* podcast was the perfect place for him to do just that! Godwin's 30 minute episodes focus on specific mental health topics, such as self-esteem, grief, and addiction, while also providing research-based, practical advice for listeners to apply to their own lives. This podcast provides the space to help you work towards a better you, one episode at a time.



- **The Happiness Lab** by *Dr Laurie Santos*

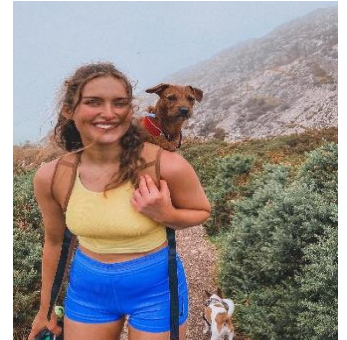
Yale professor Dr Laurie Santos takes to the podcast world to discuss, well, happiness. Basing her episodes on the scientific research available on happiness, Dr Santos uses her extensive knowledge to teach you how to be happier by making wiser and more fulfilling life choices, and to look at happiness in a different way. Worried about the increasing levels of depression and anxiety in her students, Dr Santos designed a class to help them understand the science of happiness. The undeniable popularity of this class has encouraged the production *The Happiness Lab* podcast, to share this knowledge with all of us that cannot attend Yale. From discussing the downsides of positive thinking to the perks of altruism, Dr Santos is determined to make you feel happier through her 30-40 minute episodes – and definitely succeeds!



## TOPIC: Wellness and Self-care

- **Bite Back** with Rozanna Purcell

Discussing body confidence, eating disorders, self-love and self-acceptance with fantastic guests ranging from RTÉ2fm's Louise McSharry to psychologist Kimberley Wilson, Roz Purcell gets frank about her personal and ever-changing journeys towards self-love and acceptance in her podcast, Bite Back.



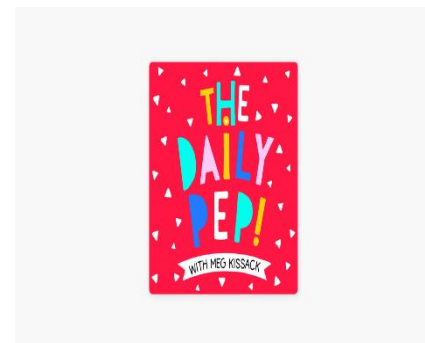
- **10% Happier** with Dan Harris

After Emmy Award-winning TV host Dan Harris suffered a panic attack live on Good Morning America, he discovered meditation as a way to help ease his crippling anxiety. A total wellness sceptic, he put pen to paper and wrote a bestseller on how the practice changed his life. Now the unlikely 'omm' champion has launched a podcast to take a deeper dive into the topic.



- **The Daily Pep!** with Meg Kissack

Rarely over 5 minutes, this podcast focuses on one topic for a daily pick-me-up. From exploring your dreams to finding your self-care routine, Kissack's episodes strike the perfect balance of helping you be easy on yourself and encouraging you to make the most out of your life. Though aimed towards creative females, the joyful episodes of this podcast can be applied by anyone to any part of their daily life!



- **Sleep With Me**

This is a hidden gem of a podcast and is perfect for people who have insomnia or trouble falling asleep. Just like the name implies, Sleep With Me will actually...help you to sleep. The show features nonsensical and boring monologues from the creator, Drew Ackerman, but he won't get offended if you fall asleep while he's talking. That's the point.



## TOPIC: Apps

- **Moodfit**

Moodfit is a one-stop app for all things mental health. Whether you want to keep track of your mood, try a quick breathing exercise to relax or keep a CBT thought record this app has everything you need in one spot.



- **Smiling Mind**

There are a whole host of meditation and wellness apps on the market and while many carry a monthly usage fee, there are some great free options out there if you know where to look. Smiling Mind is one such app. Billed as Australia's leading wellness app, this 100% evidence based program is a great way to dip your toe into the world of meditation. It's flexible too, with 100s of meditations suitable for almost any situation. So whether you're stressed out at school or work or want to take some me-time on your daily commute, you're sure to find something to suit you. Most of the meditations are under 10 minutes so they're easy to build into your day too.

