



How are you feeling, today?



2020 has been... a lot. There has been anxiety, fear of the unknown and life changes that we didn't see coming. To celebrate World Mental Health Day on 10 October, we've rounded up the podcasts that will make you realise you're not alone, the apps to help you breathe, and the places you can go to get support when you need it

8 PODCASTS TO MAKE YOU REALISE YOU'RE NOT ALONE



01

Feel Better Live More

Join host Dr Rangan Chatterjee as he aims to simplify health advice for the masses. We're bombarded every day with studies in the media on how to live longer, get fitter, be happier and lose weight. Tune in to hear from leading health experts and interesting personalities who help to cut through all the noise. Expect easy life-hacks and the debunking of common health myths, giving you the tools to revolutionise how you eat, sleep, move and relax.

02

Happy Place

Broadcaster Fearne Cotton draws on her own mental health battles and shares the secrets to finding small joys in every day. Each episode features inspiring individuals, including the likes of Ricky Gervais, Alicia Keys and Stephen Fry, as they reflect on the positive changes they've made in their own lives and how they've found their happy place. If you're feeling lost or frazzled, this podcast will help you to put one foot in front of the other and appreciate the small things.



03

On Purpose with Jay Shetty

He's amassed 37 million followers across his social media channels, which include a host of celebrity fans, and in this hugely popular podcast, author, motivational speaker and former monk, Jay Shetty, is on a mission to make wisdom go viral. From Khloe Kardashian and Kobe Bryant, to health experts, researchers and doctors, each episode features an inspirational figure who shares their life lessons on love, work, self-development and more. New episodes are available every Monday and Friday.



04

Mad World with Bryony Gordon

Brought to you by UK newspaper *The Telegraph*, *Mad World* features household names (the first ever guest was Prince Harry) discussing how their mental health has been affected by their life events. Expect intimate conversations which shine a spotlight on why feeling weird is the most normal thing in the world. Series three was broadcast at the start of the Covid-19 pandemic to help people get through these unprecedented times with the tagline, "because even when you're isolating – you are not alone".



"BECAUSE EVEN WHEN YOU'RE ISOLATING – YOU ARE NOT ALONE"

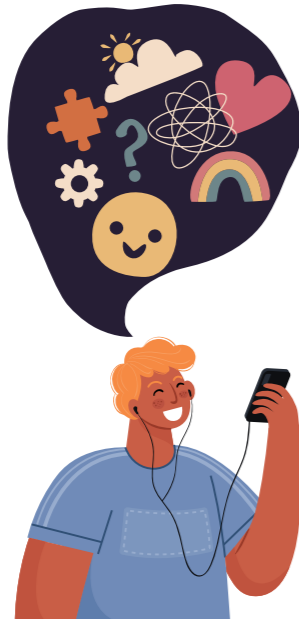
- Bryony Gordon



05

The Happiness Lab

What do you think makes you happy? Is it your wealth, your career or your social media followers? Yale professor Dr Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Delve into the latest scientific research and hear some surprising and inspiring stories that will forever change the way you think about happiness. Check out episode 'Dial D for Distracted' which looks into how our smartphone obsession is causing us to miss out on more than we realise.



into the bonus mini-series recorded during lockdown, especially the hour-long episode with Mo Gawdat, for insights into how to survive depression and grief; how to cope with break-ups; why social media is driving us further apart, and the happiness algorithm.



07

Mental

Tackling issues from suicide and grief, to burnout and bullying, each episode of this award-winning podcast delves into a different mental health issue and how to better understand it. Presenters Bobby and Danielle attempt to break down stigma and discrimination with the help of special guests who share their own experiences and battles. Tune in to a couple of episodes and you'll feel more empowered to continue the conversation offline with others.

08

The Hilarious World of Depression

Can clinical depression be funny? Join US radio host John Moe for a series of frank, moving, and amusing conversations with comedians and entertainers who share how they've dealt with depression and managed to laugh along the way. It's a light-hearted and relatable listen which articulates some of the thoughts and feelings you might find difficult to put into words. The show came to an end in June 2020 after 96 episodes, but you can listen back online.



5 MENTAL HEALTH SUPPORT SERVICES IN THE UAE

01 The LightHouse

This modern and friendly clinic was founded in 2011 with a vision to make the region happier and healthier. It offers a raft of free online support resources, including webinars, videos and workshops on a range of issues such as job losses, going back to school, or even expecting a baby during a global pandemic. Follow their founder @drsalihaafri on Instagram for daily mental health tips and keep an eye on the centre's social media channels for updates and shareable content. A range of therapy options are available for adults, couples, families and children.

🏠 *The LightHouse, 821 Al Wasl Road, Sat to Thur 8am to 8pm. (04) 380 2088, lighthousearabia.com*

02 Thrive Wellbeing Centre

Founded by Dr Sarah Rasmi, this JLT-based wellbeing centre offers expertise across a range of issues including fertility, addiction, grief, trauma, relationships, depression and more. It was



03

the first maternal mental health unit in the UAE and also offers support for children, including psycho-educational therapy and art & play therapy. The Thrive team has been supporting the community in recent times with free resources related to Covid-19, which are available on their website, and free support services to those affected by the situation in Beirut.

🏠 *Thrive Wellbeing Centre, Saba Tower 1, Cluster E, JLT, Dubai. Sun to Thur 9am to 8pm and Sat 10am to 6pm. (04) 514 7386, thrive.ae*

03 Mindful ME

Helen Williams and her team of mindfulness experts are currently offering online support sessions, including 30-minute 'check-ins' to anchor you when you need it, and fortnightly Mindful Living workshops with a 'name your price' payment option. This month they're also launching a new 12-session course on the theme of "How can I truly love myself?" and don't miss their upcoming face-to-face retreats in November and December. Free online resources include



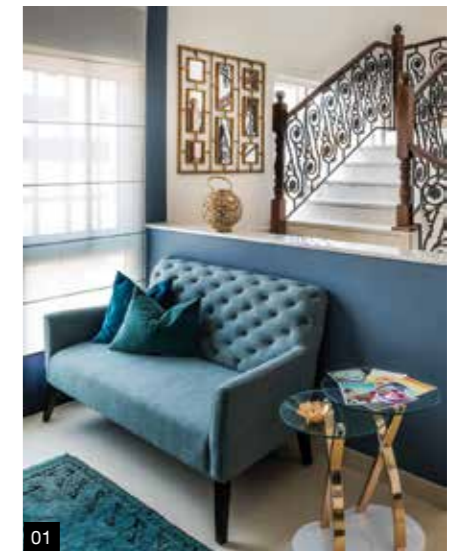
02

IGTV and YouTube videos covering topics such as building resiliency and guided breathing practices. 📖 mindfulme.me

04 American Wellness Center

This multi-speciality clinic in Dubai Healthcare City provides a full suite of mental health services with online and face to face sessions in psychology, psychiatry, Cognitive Behavioural Therapy (CBT), grief counselling and more.

🏠 *American Wellness Center, Block C, Ibn Sina Building # 27, Healthcare City. Sat to Thur 8am to 9pm (04) 514 4042, americanwellnesscenter.ae*



01

05 Camali Clinic

Based across three locations, Camali offers support to children and adults in the UAE. Services for adults include Acceptance and Commitment Therapy (ACT), counselling for couples and individuals, and social skills training. Try a teletherapy session if you're not able to get there in person, and check out their support groups and programmes for children between the ages of two and 19, as well as various adult programmes which take place at The Day Therapy Centre on a weekly and monthly basis. 🏠 *Camali Clinic, JLT, Dubai Healthcare City and Abu Dhabi. camaliclinic.com*

3 FREE APPS TO HELP YOU BREATHE



01.

Headspace

Master the basics of meditation and take your practice further with guided exercises, videos, and music to help you get healthier and happier. All presented in a fun and ultra-simple format.

📖 headspace.com



02.

Calm

Take a deep breath and train your mind to sleep more, stress less and live better. We love the relaxing bedtime stories told by a range of famous voices, from Matthew McConaghey to Harry Styles.

📖 calm.com

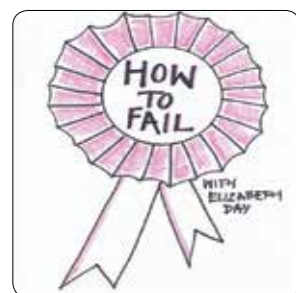


03.

Insight Timer

With 55,000 free guided meditations, you can meditate on Insight Timer for as long as you want without ever paying a dirham. Improve your mood with resources from the world's top mindfulness experts, neuroscientists, psychologists and teachers.

📖 insighttimer.com



06

How to Fail with Elizabeth Day

Bestselling author Elizabeth Day has recorded over 80 episodes which celebrate the things in our lives that haven't gone right. Each week, a new interviewee explores what their failures have taught them about how to succeed. Tune

