

Resilience Resources: Podcasts

- **Millennial Mental Health Channel**

- [Millennial Mental Health Channel on Apple Podcasts](#)

- A personal favorite of Resilience Working Group member Amy L.: “The goal of Millennial Mental Health Channel is to provide listeners with the perspectives of a psychiatrist and a therapist as their thoughts relate to the world of mental health while also making the information useful and easy to understand. MMHC - by millennials, for everyone!”

- **Road to Resilience (Mount Sinai Health System)**

- [Road to Resilience on Apple Podcasts](#)

- Covers stories of personal trauma and the ways in which people have coped: “Stories and insights to help you thrive in a challenging world. From fighting burnout and trauma, to building resilient families and communities, we explore what’s possible when science meets the human spirit. Powered by the best experts in the world.”

- **The RESILIENCE Podcast**

- [The RESILIENCE Podcast](#)

- Hosted by a parent whose son is a Navy veteran with PTS (posttraumatic stress): “Untreated PTSD from any trauma is unlikely to disappear and can contribute to chronic pain, depression, drug and alcohol abuse, sleep problems and even suicide. Every day, 22 veterans take their own lives. That’s 22 suicides too many a day. One every 65 minutes is incomprehensible. All curated content comes from some of the greatest minds that inspired me to change my life: Admiral William H. McRaven, John C. Maxwell, Shawn Blanc, Eddie Pinero, Tim Ferriss, Simon Sinek, Tom Bilyeu, Leo Babauta. Ryan Holiday.”

- **Tara Brach**

- [Tara Brach on Apple Podcasts](#)

- “Tara Brach, Ph.D is an internationally known meditation teacher and author. She shares a weekly guided meditation and talk that blend Western psychology and Eastern spiritual practices. The podcast addresses the value of mindfulness meditation and self-compassion in relieving emotional suffering, serving spiritual awakening and bringing healing to our world.”

- **How to be a Better Human – TED Audio Collective**

- [How to Be a Better Human on Apple Podcasts](#)

- “How To Be A Better Human isn’t your average self-improvement podcast. Each week join Chris Duffy in conversation with guests and past speakers as they uncover sharp insights and give clear takeaways on how YOU can be a better human. From your work to your home and your head to your heart, How To Be a Better Human looks in unexpected places for new ways to improve and show up for one another.”