COVID-19 Podcasts

Esther Perel — Tactics for Relationships in Quarantine (#418)  April 2, 2020 by Tim Ferriss
https://tim.blog/2020/04/02/esther-perel-relationships-in-quarantine/

Maybe you don’t feel that enough people love you, but I can tell you, there’s a world of people out there who need you at this moment.”

— Esther Perel

Podcast 269: Choose a COVID-19 Mantra, a Fun Way to Celebrate These Difficult Days, and Casey Schwartz Talks about “Attention.”

April 15th by Gretchen Rubin

One thing that’s confusing about this situation is that it’s hitting people all over the world, but at different times, and in different way.
Brené on Anxiety, Calm + Over/Under-Functioning  April 3, 2020 by Dr. Brené Brown

https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/

#239: How to Go Easy on Yourself in a Pandemic | Dr. Kristin Neff

Ten Percent Happier with Dan Harris

“No beating yourself up does not equate to being lazy. It's about knowing the difference between healthy perfectionism and maladaptive perfectionism.”

https://www.tenpercent.com/podcast-episode/kristin-neff-239

Love, Intimacy and Relationships During Isolation - Lewis Holmes

“Every serious relationship is going to go through a rough patch at some point. Right now, COVID-19 has kept us all in our homes, and we’re unable to connect
with our friends in person. Maybe you’re spending time with family right now, and things are getting a little tense, just because you’re around each other 24/7”.