



Take a listen!

Intro to our podcasts.

Do you enjoy listening to podcasts while walking or jogging? Or maybe you find a few minutes of audio learning to be a great way to spend some time over a lunch hour.

TELUS Health podcasts, anywhere from six to 12 minutes in length, feature interviews with well-known wellness industry experts and bestselling authors. We've spoken to leading authorities about topics such as:

- grief and loss
- stress, anxiety, and depression management
- critical incidents and natural disasters
- health and well-being including exercise, motivation, smoking cessation, boosting happiness, building resilience
- work-related topics such as professional and career growth tips, management tactics, leadership strategies
- financial well-being
- and so much more!

Popular titles include:

- [Five Ways to Boost Your Mental Energy](#), featuring Emma Seppala, PhD
- [Practicing Mindfulness to Achieve Balance](#), Sharon Salzberg, Insight Meditation Society
- [Keeping the Peace at Home: Tips for Parents](#), Adam Grant, Wharton School of the University of Pennsylvania
- [Building Resilience After a Disaster or Traumatic Event](#), Jeff Gorter, LMSW
- [Caregiving Tips](#), TELUS Health well-being experts

