11th October 2019

Hi All,

Just wanted to share a great podcast I listened to on holiday this year. Fearne might not be everyone's cup o’ tea but her series Happy Place is quite interesting.

She interviews celebrities and influential people and often the themes lead to mental health, positive wellbeing and overcoming barriers, building resilience etc. I especially loved the Russell Brand, Steven Fry and Juno Dawson episodes as they were really open about past experiences that have affected their wellbeing, whether it be positively or negatively. There are also lots of interesting links to helpful websites during the podcasts on her page.

Interestingly, and I would agree from my own experiences, they talk a lot about 'cope not cure' and it being a tough process to overcome emotional issues but that it's within us all to do be able to learn, as well as getting the support we need.

Have a listen, you never know what you might learn :) <http://www.officialfearnecotton.com/happy-place>

Jen