The Best Podcasts to Help With Anxiety

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Find The Right Anxiety Podcast For You

The bad thing about anxiety is it has the potential to be with you wherever you go. When you are at the grocery store being overwhelmed by the crowds, or before a big presentation at work, or even when you are in bed freaking out for ‘no reason’ – or so you tell yourself.

Anxiety is the best friend you never wanted.

However, as you know, there are lots of things a person can do to combat their anxiety. These activities can be effective, but they usually take all of your attention. Things like meditation or deep breathing techniques can help, but you typically need to be in quiet space to get the most benefits.

If you don’t have time to do that there are ways to learn the skills you need to manage your anxiety while you are on the go. That is where anxiety podcasts come in.

You can have access to the greatest coaches, authors, and yogi’s all on your smartphone when you download their podcasts. It can be a struggle to find new podcasts to listen to, so I’m here to help.

Below is a list of a few anxiety podcast episodes that will help you conquer stress, reduce anxiety, and build more confidence.

The ‘Shut Up, Brain’ Podcast

This podcast is all about training your brain to quiet down and give you more control of your emotional state. It does it through teaching practical skills, asking good questions, and providing you resources that really work.

Spoiler, I am the host of this podcast so I might be a little bit biased in thinking it is great. However, there is a very good reason for you to give an episode of ‘*Shut Up, Brain*’ a listen: Because I created it *exclusively* for people with anxiety.

I’ve struggled with anxiety in my own life, and through trial and error I’ve figured out what works and what doesn’t. I’ve also spent the last five years in private practice as a medical hypnotist helping my clients create better versions of themselves.

I have data from my own experience and the data from hundreds of clients.

I’ve taken all that experience, and I’ve brought it to this podcast. A great example of this is episode 009 which is called "Four Simple Ways to Quiet Your Mind."

In it, I discuss a few different strategies that have worked to reduce anxiety in my life and the lives of my clients. Different ways to ‘hack’ your brain and redirect your attention from the agonizing thoughts to something more

productive.

Give it a listen and subscribe to the podcast on iTunes.

The Anxiety Coach Podcast

Gina who runs the *Anxiety Coach Podcast* is a thoughtful teacher and coach who helps people specifically with anxiety. She has unique guests on her show that offer a perspective to help with a specific aspect of emotional control.

Things like dealing with adrenal fatigue, stress around money, and even what food might be contributing to your anxiety. Because she has access to a variety of amazing teachers, you will hear what works to reduce anxiety from many different perspectives.

Her podcast is a *must listen* if you feel like you need more tools to help you with anxiety. I recommend starting with episode 327 which is a classic refresher about "What is Anxiety and How You Can Break Free."

She also offers individual and group coaching for people who want a bit more customized approach.

My Brother, My Brother, and Me

We all know there are lots of ways to get better are controlling your mind, but sometimes you just need a break. I know by the end of the week I'm just tired of thinking about my own problems and I want to use my brain for something else for a while.

When I get overwhelmed, one of the primary podcasts I download is *My Brother, My Brother, and Me* or MBMBAM for short. It is an 'advice show' (I use that term very loosely) about three brothers who give hilariously bad advice to Yahoo Answers questions.

Usually, within the first two minutes of an episode, I'm smiling or even laughing out loud. We all know that laughing is a great way to ease anxious thoughts, even if it's just temporarily. The only downside is you can sometimes look like a maniac laughing in the middle of a restaurant while you listen to one of their episodes.

A note about MBMBAM: There are a few inside jokes spread throughout each episode. The good news is after listening to just a couple episodes you start to pick up on these, and you start to feel like one of the family.

I would recommend starting with episode 367 called "Shrimp Heaven Now."

If you decide to check out other episodes, I would recommend downloading the most recent ones first. They are quite a bit better than the early shows. But I think anyone would get better at something if they had done it over 300 times.

From the Heart: Conversations with Yoga Girl

I start off every morning with a quick 10-minute yoga routine. I did this to help my lower back, but I've also noticed it helps me stay more centered emotionally. Rachel Brathen AKA 'Yoga Girl' runs a podcast called *From the Heart* where she talks about all things yoga.

This podcast would probably benefit those who already have a yoga practice or who are curious about it. Yoga for anxiety is great.

During a typical show, she might have an enlightening conversation with a guest about their own yoga journey or even her talking about some of the stresses she encounters while running a mini yoga empire.

One of the things I love MOST about this podcast is Rachel’s voice. She is so down to earth, and her voice is very calming. Listening to this show is like hearing a good friend.

Combine her relaxing voice with some of the knowledge bombs she drops, and you have an amazing anxiety podcast.

I recommend any of the most recent episodes of *"From the Heart: Conversations with Yoga Girl."*

How to Listen to a Podcast

You can think of Podcasts like internet-based independent radio shows, and one of the best ways to listen to them is through your smartphone.

iTunes has become the go-to marketplace for podcasts, and you will find all of the major podcasts listed in their database. However, if you don’t have an iPhone I would recommend checking out the Pocket Casts app (available for Apple and Android) or a music-streaming service such as Spotify.

Pocket Casts lets you keep your podcast episodes organized and available whenever you need it. That way you can be learning about how your brain works while working out at the gym or during your morning commute.

The best way to conquer anxiety is to start taking action. Pick an anxiety podcast episode from this list, download it, and start listening today!