




Self-Care Podcasts

On the [HelloHealth Today](#) podcast, Dr. Carmen Mohan interviews leading executives about their wellness journeys. Below you will find podcasts that are directly related to self-care.

1. [“I just don’t understand why I can’t do this for myself.”](#) (November 2019)
2. [“You should have an app.”](#) (November 2019)
3. [“There’s always so much to do.”](#) (November 2019)
4. [“I have great work/life balance—it just doesn’t include me.”](#) (November 2019)
5. [“Self-Care for First Responders”](#) (April 2020)
6. [“When the edges bleed . . . ‘Juggling new motherhood and remote work – Interview with Liz Mikulcik”](#) (May 2020)
7. [“Self-Care, Health, Beauty, and Business – Interview with Jen Burch”](#) (May 2020)
8. [“Self-Care for Leaders Under Fire – Weathervanes”](#) (May 2020)
9. [“My purpose in life is to bring people together.” Interview with Tes Sobomehin Marshall](#) (May 2020)
10. [“Running through Fire – Interview with Elinor Fish”](#) (June 2020)
11. [“Becoming Comfortable with Uncertainty – Interview with Tiffany Dupont”](#) (August 2020)
12. [“How do you put yourself first?”](#) (October 2020)
13. [“Should I get the COVID vaccine?”](#) (January 2021)
14. [“Self-Care for Professional Women – Interview with Marcie Dickson”](#) (February 2021)
15. [“‘This cannot be happening to me.’ Interview with Dr. Jurine Owen”](#) (January 2020)
16. [“Journey to Health – Interview with Dr. Marni A. Brown”](#) (March 2021)
17. [“Finding Your Voice – Interview with Mandy Mahoney”](#) (May 2021)
18. [“I Can Get by on 5 to 6 Hours of Sleep”](#) (June 2021)
19. [“The Joy of Thriving While Black – Interview with Charisse Williams”](#) (June 2021)
20. [“Being a Healer and Being Healed – Interview with Dr. Daniela Espino”](#) (June 2021)