



WELLNESS MATTERS

JUNE 2020



9 Totally Free At-Home Workouts for When Coronavirus is Keeping You

[At Home Workout](#)



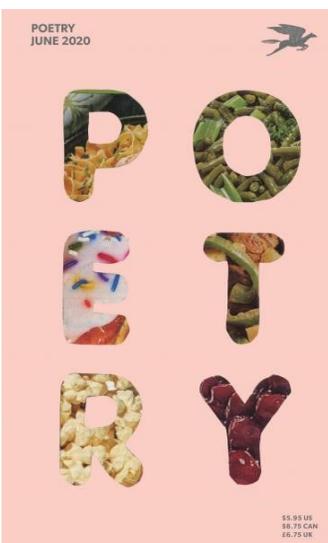
DIY No Sew Face Mask Easy and Quick for Anyone

[No Sew Face Mask](#)



7 Ways to Eat More Vegetables

[Eat More Veggies](#)



[June Poetry](#)

JOY

MAY 18, 2020

The New York Times

These are not, on the surface, joyful times. Not in the slightest. Which is why you deserve some relief. We asked 14 writers what’s bringing them joy right now; their answers are below. And despite the over-the-top abbreviations we’ve used to denote them, no one has gone especially wild (yet). As our world shrinks to the size of our homes, the more joyful the simple pleasures can feel. Joy is joy any way you slice it (or photograph it, cook it or watch it). We hope you’re finding some wherever you are. — *Anya Strzemien*

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TIME BEST PODCASTS: 2020

BY [ELIANA DOCKTERMAN](#)

In some ways, the [podcasting world](#) is fortunate. It’s difficult to record a show from home—hosts have been climbing into their closets and building pillow forts in hopes of approximating the acoustics of the studios they can no longer access—but it’s not impossible. Even as television and film productions have ground to a halt, new podcasts pop up every week to address the particular needs of this moment. The format is nimble and its creators inventive. And it provides us some much needed relief in many forms.



This year has yielded news podcasts that offer daily updates on the coronavirus pandemic, as well as shows especially designed to distract and comfort us. This list focuses on the latter category, a nourishing mix of comedy, conversation and fiction. Some are [quarantine-specific](#): They offer [home cooking tips](#), stories to distract little ones and advice on managing [mental health issues](#) in isolation. Others simply allow listeners to escape—to another era, to other problems, to a fictional world.

THE **BUSHNELL**

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