

Remote Working - Efficiency & Effectiveness

General Resources

- [Remote Working Norms & Best Practices](#)
- [How To Work From Home](#)
- [Coronavirus Have You Working Remotely? 5 Tips To Work From Home](#)
- [Atomic Habits \(by James Clear\) - Summary](#)
- [BrainFM](#)
- [Making Remote Work Work](#) (short-term and cultural shifts)
- [Psychological First Aid](#)
- [5 Tips for Managing Remotely During COVID-19 - The Management Center](#)
- [A Leader's Guide For Supporting Parents Working From Home in Unique Circumstances](#)

Tools for Time Management/Efficiency

- [Weekly Planning Tool](#)
- [The Best Pomodoro Apps for Productivity](#)
- [Urgent-Important Time Matrix](#)

Remote Working - Mental Wellbeing

General Resources

- [Mental Health and Coping During COVID-19](#)
- [Attacking the Coronavirus: The Unexpected, Powerful Offense](#)
- [Taking Care of Your Mental Health in The Face of Uncertainty](#)
- [How To Work From Home Without Losing Your Sanity](#)
- [5 Ways To Stay Sane When Life Is Overwhelming](#)
- [The Crisis Kit - 5 Tools for Helping Clients Through Turbulent Times](#)

Resources on Mindfulness

- [Three Mindfulness Practices You Can Use Everyday](#)
- Best meditation apps:
 - [Waking Up](#) with Sam Harris (let Rebecca know if you want a free month...can share since I have a subscription)
 - [Insight Timer](#) (free with lots of diverse options)
 - [Calm](#) (free intro)



- [Headspace](#) (paid)
- Indoor workout apps:
 - [Peloton App](#) (free trial for 90 days)
 - [Obe Fitness App](#)

Resources on Resilience

- [23 Resilience Building Tools and Exercises](#)
- [3 Resilience Exercises](#)