

## Resources – Bringing Your Best Self to the Virtual Workplace

### Articles

- [3 Essential Self-Care Tactics To Get Through The Coronavirus Pandemic](#), Forbes
- [8 Ways to Stay Productive During Coronavirus](#), Inc.
- [A Brain Hack to Break the Coronavirus Anxiety Cycle](#), New York Times
- [Ergonomic Guide](#), Cornell University
- [Ergonomic Tips](#), Cornell University
- [How the Wisdom of 12-Step Programs Can Help Get Us Through April](#), Psychology Today
- [How to Be Kind at Work, No Matter How You're Feeling](#), Quartz at Work
- [How to Lead in Times of Crisis](#), Fast Company
- [How to Maintain Your Mental Health While Working From Home](#), Fast Company
- [How To Stay Productive if You're WFH Because of the Coronavirus](#), Forbes
- [Hyperfocus: How to Manage Your Attention in a World of Distraction](#). Bailey, C.
- [If You Suddenly Work Remotely, Communication Matters More Than Anything Else](#), Huffington Post
- [In Stressful Times, Make Stress Work for You](#), New York Times
- [Pandemic Anxiety is Making us Sleepless, Forgetful and Angry](#), Washington Post
- [Please Don't Be Guilted Into Being More Productive During The Coronavirus](#), Huffington Post
- [Practicing Self-Care in the Face of Coronavirus](#), Psychology Today
- [Rethinking Stress Toolkit](#), Stanford University
- [Stop Feeling Guilty About Your To-Do List](#), Harvard Business Review
- [Stop Trying to Be Productive](#), New York Times
- [The Upside of Social Distancing: How Hygge Can Help](#), Los Angeles Times
- [The Impact of the Coronavirus on HR and The New Normal Of Work](#), Forbes
- [This is What Happens to Your Body When you Work from Home](#), Huffington Post
- [Weirded Out by Working From Home – 7 Tips to Make it Easier](#), Psychology Today
- [We Have a Lot More Time Now. So Why Can't we Get Anything Done?](#), Washington Post
- [What to Do When Everyone Needs Support but You're Only One Person](#), Vice
- [Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure](#), Chronicle of Higher Education
- [Working From Home Can Make People More Productive. Just Not During a Pandemic](#), Vox
- [Working From Home During the Coronavirus Pandemic is Not a Recipe for Productivity](#), The Outline
- [Working From Home Might Take a Toll on Your Mental Health](#), Huffington Post
- [Working Remotely During COVID-19 – Your Mental Health and Well-being](#), Workplace Mental Health
- [You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now](#), New York Times
- [Your Mental Health and Well-being](#), Workplacementalhealth.org



## Books

[The Little Book of Hygge Danish Secrets to Happy Living](#), M. Weiking

## Web Sites

[The Happiness Research Institute](#)

### [Bored Panda](#)

- [Dad Jokes](#)
- [#ImSoBored!](#)

## Videos

[Penguins Take the Tour at Shedd Aquarium](#)

[Some Good News](#) – A good news show anchored by John Krasinski

[Productivity Tips – New to Working Remotely](#) (short videos on various WFH topics), **LinkedIn**