Overview Tips

Personal

- Develop a “Wellness Strategy” - to create more calm and enhance productivity (see below) and read this post about stress: https://peak-careers.com/stressed-out-i-know-i-am/
- Create and follow a schedule everyday
- Pay attention to how much news/media you consume, as these will impact your state of mind
- Stay connected with friends and family (set up phone and video chat dates)

Professional

- Practice the 3 “Ps” in your job search: polite (kind/empathetic), patient and persistent
- Be flexible: consider all different options, including remote work (see below) for your next job
- Grow your skills: take an online course from Coursera, EdX, Udemy, Linkedin Learning, etc.

Career Experts Share Resources During this Challenging Landscape

Coronavirus: The Expert's Practical Guide to Job Searching During Self Containment

COVID-19: Job Market Insights & Job Search Strategies from Experts
https://cultivatedculture.com/covid19-job-market-insights/

How do you continue a job search during a pandemic? 10 Tips that may help from Thrive Global

What the Coronavirus Means for Your Job Search & Tips for Searching During a Hiring Slowdown

Employers, Job Seekers and Students, Stay the Course
https://thingscareerrelated.com/2020/03/15/employers-job-seekers-and-students-stay-the-course/

Networking Virtually, Tips for the New Normal, Hannah Morgan
https://www.linkedin.com/pulse/networking-virtually-tips-new-normal-hannah-morgan/
Job Search During Challenging Times: Resources for Your Search & Your Well-being
Sabrina Woods, Holistic Career Coach

**Who’s Hiring**

candor.co/hiring-freezes
Useful list of companies hiring and those on freezes. Internship version - [https://lnkd.in/ewhz6Aj](https://lnkd.in/ewhz6Aj)


20 Fully Remote Companies, Hiring Now [https://www.flexjobs.com/blog/post/25-virtual-companies-that-thrive-on-remote-work-v2/](https://www.flexjobs.com/blog/post/25-virtual-companies-that-thrive-on-remote-work-v2/)


**Temporary & Remote Jobs**

Want to work from home? Here’s how to land one, by Kathy Robinson [https://www.turningpointboston.com/find-work-from-home-jobs/](https://www.turningpointboston.com/find-work-from-home-jobs/)


Flexjobs – [https://www.flexjobs.com/](https://www.flexjobs.com/)

Upwork – [https://www.upwork.com/](https://www.upwork.com/)

**Unemployment**


**Linkedin Resources**

Linkedin Help - [www.linkedin.com/help](http://www.linkedin.com/help)
Linkedin Blog - [https://blog.linkedin.com/](https://blog.linkedin.com/)
Grow your presence - [https://careersherpa.net/10-ways-to-use-social-media/](https://careersherpa.net/10-ways-to-use-social-media/)
Practice & Record an Interview - go to [https://www.linkedin.com/jobs/](https://www.linkedin.com/jobs/), then “More resources”
Create Your Own Wellness Strategy

Stress does a number on your body, mind and emotions. Consider these categories and develop your own wellness strategy to help you during challenging times.

Consider these 5 categories:
- Movement / Exercise
- Social / Emotional
- Nutrition
- Sleep
- Mindfulness

What do you need to do, to be at your best during this difficult time? Look at each category and think which one needs some attention then create a goal around it.

Examples to bring this to life.

**Movement / Exercise**
Move for a total of at least 30 mins a day to decrease stress hormones and release endorphins
- Take a 15 min walk twice a day
- Play a workout, exercise boot camp or yoga video
- Take breaks every hour when sitting at a computer - get up, walk or stretch

**Social / Emotional**
- Do what you can do, rather then focus on things outside your control
- Make phone or video chat “dates” with friends and family
- Choose to read the news only a few times / day, set limits on how long
- Write down 3 things you are grateful for each night

**Nutrition**
- Prepare nutrient dense foods - eat more veggies, fruit and whole grains
- Drink more water

**Sleep**
- One hour before bed, put your phone / electronic devices away
- Put your phone in a different room when you go to sleep
- Try to go to bed and wake up at the same time every day

**Mindfulness**
- Take 3 deep breaths throughout the day
- Meditate or try a guided meditation
- Pick one meal where you eat your food more slowly, mindfully

Use these ideas to create and track your own wellness goals.
Mindfulness Resources & Guided Meditations

Online LIVE free sessions

Mindful Leader, Meditate Together – (currently 5 times/day) - https://www.mindfulleader.org/meditate-together

Brown Mindfulness Center – LIVE free Zoom sessions
https://www.brown.edu/public-health/mindfulness/class/three-community-mindfulness-meditation-sessions-available-zoom-and-telephone

Pre-recorded resources

Mindfulness Resources from Sabrina Woods - http://www.sabrina-woods.com/mindfulness.html

Mindful Breathing Meditation [5 mins] - https://www.youtube.com/watch?v=nmFUDkj1Ag0

Insight Timer, Mindfulness for Releasing Anxiety by Glenn Harrold [20 mins]
https://insighttimer.com/glennharroldguided-meditations/mindfulness-for-releasing-anxiety


Yoga & Workouts

Online LIVE free sessions

Harvard Ed Portal – Spring into Yoga – Wednesdays at 5:30pm EST - https://edportal.harvard.edu/calendar

Brown Mindfulness Center – Mindful Yoga + Discussion – Sundays at 10:30am EST
https://www.eventbrite.com/e/sunday-guided-mindful-yoga-and-discussion-registration-100315414104

@GTangYoga on Facebook (multiple sessions each week) - https://www.facebook.com/gtangyoga

Pre-recorded resources

Boot Camp Minute to Win it – Round 1
https://www.youtube.com/watch?v=B3a5Xqlof1U&list=PLEQ46rs7Q0_p4FkogCrB7cpmhNQmC7RuZ&index=4&t=0s

Ten Trees Yoga & Wellness – multiple sessions of various lengths (wonderful teacher!)
http://www.tentreeswellness.com/blog


Total Body Yoga - Deep Stretch with Adriene – 45 mins - https://www.youtube.com/watch?v=GLy2rYHwUqY

Power Vinyasa Flow Yoga Class - Five Parks Yoga – 45 mins - https://www.youtube.com/watch?v=YtuzNaaWZRO

Music

NPR’s List of Live Virtual Concerts

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