

## RESOURCES

### BOOKS

Frost, A. (2020). *Work-from-home hacks: 500+ easy ways to get organized, stay productive and maintain a work-life balance while working from home*. Adams Media.

Gordon, H., & Webber, M. (2020). *Working remotely: Secrets to success for employees on distributed teams*. Barrons Educational Services.

### WEBSITES

National Institutes of Health

[www.nih.gov](http://www.nih.gov)

Verywell Mind

[www.verywellmind.com](http://www.verywellmind.com)

Workplace Mental Health

[www.workplacementalhealth.org](http://www.workplacementalhealth.org)

### PODCASTS

Remotely Working | Episodes 1-16

<https://www.remotelyworking.net>

WorkLife with Adam Grant

[https://www.ted.com/series/worklife\\_with\\_adam\\_grant](https://www.ted.com/series/worklife_with_adam_grant)

### APPS

Note: All apps listed are free.

7 Minute Workout | Johnson & Johnson

[iOS](#) | [Android](#)

NodeBeat

[iOS](#) | [Android](#)

AloeBud | Self-care pocket companion

[iOS](#) | Android coming soon

Randomly RemindMe

[Android only](#)

Insight Timer

[iOS](#) | [Android](#)

Stand Up! The Work Break Timer

[iOS only](#)

myNoise | The Ultimate Noise Machine

[iOS](#) | [Android](#)

Sworkit

[iOS](#) | [Android](#)