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TO: The John Jay College Community

RE: Ways to Improve Work-Life Balance When You Work-From-Home

We hope you are staying safe and healthy while taking care of your families, loved ones and friends during the COVID-19 crisis. To help you improve your work-life balance, while you work from home, we have put together some short YouTube videos and other information, which we hope will be useful to you.

Feel free to explore any of the links below on Self Care, Working-From-Home, Professional Development and Culinary and Virtual Travel Experiences.

If you have any questions, please feel free to reach out to Paul Wyatt at pawyatt@jjay.cuny.edu.

Best regards,

Paul Wyatt
Director of Performance Development
The Office of Human Resources

SELF CARE

[Daily Life and Coping](#)
[Bereavement and Grief](#)
[Daily Calm--10 Minute Mindfulness Meditation](#)
[Caring for Yourself during the Coronavirus Pandemic](#)
[Surgeon General Shows How to Make Your Own Face Covering](#)

WORKING-FROM-HOME

[How to Work From Home Effectively](#)
[10 Tips to Effectively Work From Home](#)
[How to Master Working From Home—While Under Quarantine with Kids](#)

PROFESSIONAL DEVELOPMENT

Developing a Growth Mindset

Growth Mindset: What it is, how it works, and why it matters

11 Growth Mindset Strategies - Destroy Your Fixed Mindset Mentality!

Using Soft Skills to Develop Positive Working Relationships

Soft Skills

Email Etiquette Tips

Email Etiquette Tips - How to Write Better Emails at Work

Increase Your Effectiveness by “Managing Up”

What is managing up?

Improving Workplace Communication via Unconscious/Implicit Bias Awareness

What Unconscious Bias? Building Awareness in the Workplace

We all have implicit biases. So what can we do about it?

CULINARY AND VIRTUAL TRAVEL EXPERIENCES

Culinary

How to Master Basic Knife Skills - Knife Cuts 101

How to Master 5 Basic Cooking Skills - Gordon Ramsay

Gordon Ramsay's Kitchen Kit | What You Need To Be A Better Chef

Virtual Travel

These museums are offering free virtual tours

Here's a List of Museums, Zoos, and Theme Parks Offering Virtual Tours