

Lunchbox Leadership: Psychological Wellbeing During the COVID Crisis: Strategies for Self-Care Resources Document

Our apologies as some of the publications may ask for a subscription, but we wanted to share the resources and allow folks the opportunity to decide. Additionally, the last item is a FREE webinar for parents – you do need to RSVP for this event!

<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/#close>

<https://www.bbc.com/worklife/article/20200519-why-you-might-be-missing-your-commute>

<https://www.bbc.com/future/article/20200518-why-singing-can-make-you-feel-better-in-lockdown>

<https://www.nytimes.com/2020/05/18/well/mind/motivation-pandemic-coronavirus.html>

On Monday at 1pm EST, the NYT columnist who contributes to the Well Family section, pediatrician Dr. Perri Klass will be having a zoom session on coping and parenting during the pandemic. Just wanted to share in case you are interested, you have to RSVP:

https://timesevents.nytimes.com/Pediatrician/newsletter?campaign_id=16&emc=edit_ml_20200529&instance_id=18891&nl=well-family®i_id=67124405&segment_id=29486&te=1&user_id=c5cfe7e01a62e05f29bc4b2bfef5d563