Links to resources we hope you will find helpful during the COVID-19 crisis

1. Working remotely
   - **UCR Keep Teaching Website**
     UC Riverside’s Keep Teaching Website has information and resources for faculty. You can access much of the information even if you are not part of the UCR community.
   - **Working Remotely for the First Time? These Seasoned Experts Have Advice for You to Follow**
     Advice for first time remote workers.
   - **How to Navigate the Transition to Remote Work During the COVID-19 Pandemic**
     Insights on how to make the most out of remote working.
   - **Zoom Support during the COVID-19 pandemic**
     Helpful tips on using zoom.
   - **How to Have Difficult Conversations Virtually--HBR**
     Helpful tips on managing virtual difficult conversations.
   - **Working & Teaching Remotely-- Tech Support Tips from BU**
     This website provides information and resources for faculty and staff who must work remotely due to a disruption such as COVID-19. Information for students is at the learning remotely page [https://www.bu.edu/tech/support/learning-remotely/](https://www.bu.edu/tech/support/learning-remotely/)
   - **Boston University Medical Campus Information Technology: Working Remotely**
     Tips and information on how to work remotely.

2. Managing your team remotely
   a. On line resources
      - **A Guide to Managing Your (Newly) Remote Workers-HBR**
        Specific steps managers can take to improve productivity of employees working in remote locations.
      - **How Managers Can Support Remote Employees- HBR**
        Because of the lack of face to face interaction, managers aren’t able to be as accessible to their employees. This article provides information on how to most effectively communicate with your employees.
      - **Increasing Organizational Resilience in the Face of COVID-19 from Deloitte**
        Tips on adapting during uncertain times.
      - **Best Practices for Instant Messaging at Work--HBR**
        Tips on how to embrace instant messaging for workplace productivity.
   b. On campus resources
      - **Impact on Staff and Faculty- BU**
        Provides important information and resources surrounding the impact of COVID-19 for everyone in the BU community.
3. **Managing Stress**
   
   c. **On line resources**
   
   - [I Spent a Year in Space, and I Have Tips on Isolation to Share-NY Times](#)
     Retired astronaut, Scott Kelly, who spent nearly a year on the International Space Station shares tips on dealing with isolation.
   
   - [Mental Health, Daily Life, and Coping During COVID 19-Centers for Disease Control and Prevention](#)
     Information on signs of and how to reduce stress and anxiety.
   
     Information on mindfulness and how to talk to your children about COVID-19.
   
   - [Coping with Fatigue, Fear, and Panic During a Crisis](#)
     Tips on self-care and building resilience during the COVID-19 crisis.
   
   - [Stay Well During the COVID-19 Emergency](#)
     Tips from the BU Wellness Office on staying healthy during the COVID-19 crisis.
   
   - [Challenges to Managing Virtual Teams and How to Overcome Them](#)
     Tips on addressing the challenges of managing virtual teams from Harvard Extension School.
   
   - [6 Tips for Managing Remote Employees: How to Maintain Productivity and Engagement](#)
     Forbes article with tips to help managers shift to working remotely.