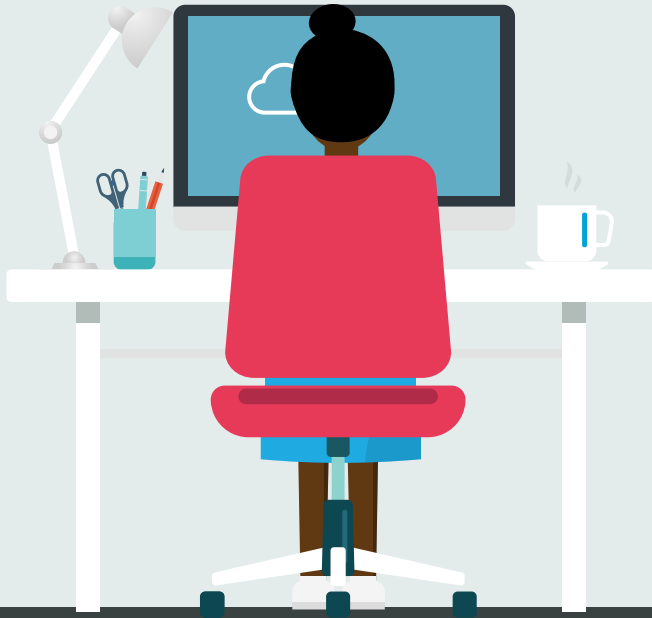


# VIRTUAL PROFESSIONAL RESOURCES

for remote work



## CORONAVIRUS: HOW TO PROTECT YOUR MENTAL HEALTH

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

## MANAGING YOUR REMOTE TEAM INCLUSIVELY: KNOWLEDGE BURST

In a time of accelerating change, technology has completely restructured where, when and how work gets done. As with co-located teams, it's possible to develop an innovative, collaborative and inclusive remote team environment; but managers need the right tools and the right skills.

## THE CORONA BIAS

Unconscious bias is a valid concern, especially in uncertain times. This video shows how our reactions need to be just that little bit more considered in the current environment.

## MINDFULNESS MAKES BAD DAYS MANAGEABLE

What much of the current news doesn't tell you is that a regular mindfulness practice really helps you when you have those rubbish days when nothing goes right and it all feels like too much.

## HOW TO WORK FROM HOME AND LOOK AFTER CHILDREN AT THE SAME TIME

Working from home sounds like a great idea. There's no commute and no distractions, you can dress down, and you'll never miss the postman. But what if you have to work from home and look after children at the same time? With the COVID-19 coronavirus pandemic now disrupting travel, childcare and schools, that's the challenge facing huge numbers of working parents.

## EXPECT THE UNEXPECTED WITH MATH

For those working to keep their children's minds engaged while schools are closed, The Actuarial Foundation provides highly engaging and useful math learning tools. These activities support the needs of all students.

## THE VIRTUAL WORK SKILLS YOU NEED – EVEN IF YOU NEVER WORK REMOTELY

As the use of technology for all types of communication has become ubiquitous, the need for virtual work skills now extends to those of us whose work normally never takes us out of the office. Making a short-term investment in developing these virtual relationship skills will yield long-term benefits.

