23 Key Remote Work & Telecommuting Statistics for 2019
https://www.owllabs.com/blog/remote-work-statistics

Good Practice Podcast
https://podcast.goodpractice.com/118-how-do-you-develop-a-remote-workforce-0
https://podcast.goodpractice.com/152-how-can-we-support-remote-workers

Flex Jobs: https://www.flexjobs.com

Zapier Blog: https://zapier.com/blog/remote-work-challenges/

Erica Dhawan: Follow @edhawan on Twitter.
Blog: https://blog.hubspot.com/marketing/digital-body-language#.XQwY63qKh9I.twitter

Adam Grant: Follow him on twitter, link to him on LinkedIn, and subscribe to Work Life, his podcast!
Podcast: https://www.ted.com/podcasts/worklife

Remote: Office Not Required Book by David Heinemeier Hansson and Jason Fried

Software We Love
Slack, Zoom, Asana, Donut for Slack, Mural, Spotify, Skype, WhatsApp, Menti eter, Blackboard Ultra

Humentum Learning Services Catalog: HLS Members have access to the following courses.

<table>
<thead>
<tr>
<th>Cegos</th>
<th>Keys to set up a remote team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cegos</td>
<td>Harnessing different perceptions of time to boost effectiveness</td>
</tr>
<tr>
<td>Skillsoft</td>
<td>Information Security for End Users - Introduction to Information Security</td>
</tr>
<tr>
<td>Skillsoft</td>
<td>Effective Time Management - Time Management: Planning and Prioritizing Your Time</td>
</tr>
<tr>
<td>Skillsoft</td>
<td>Establishing Effective Virtual Teams</td>
</tr>
<tr>
<td>Skillsoft</td>
<td>Facing Virtual Team Challenges</td>
</tr>
<tr>
<td>Skillsoft</td>
<td>Contributing as a Virtual Team Member</td>
</tr>
</tbody>
</table>
Self-Care Tips from Remote Workers

I would get up every 40 minutes, stretch, make a call or throw in a laundry. Only 10 minutes or less for the break... go back. Set a timer so you don’t forget to take breaks.

Schedule exercise or dog walks during the day (especially if working across time zones, early and late). I found ai kept the exercise dates if they were in the am. Plan lunches out with friends and local professional colleagues.

Work at local co-working spots or coffee shops for variety and a change of scenery.

If possible, set up a work area where you only work. This helps you stay focused and not think about everything else you could be doing around the house... but at the same time, go ahead and wash those dishes, do that laundry, throw dinner in the slow cooker!

Sometimes I just embrace the madness by multitasking put the laundry on sit down edit or write, take a quick break put the dryer on and carry on.

Stream a mindless tv show when you have mindless tasks.

Have a proper working space that you can "go to work" to, and then close the door on when your work day is done. Don’t use the dining room table!

Set goals for the day. Take frequent breaks to do something completely different, like go outside to my garden and weed. Set an alarm to remember to take breaks, eat, etc. Be sure to get some regular social interaction. I have worked at home full-time for 13 years. Initially, it was very helpful for me to have a dedicated work space, so I would not get distracted by things at home.

Good music and try not to look at everything in your house you would rather be doing. The struggle is real.

Make sure you are sitting in place that is good for your back, stand up and stretch once in awhile. Deal with what distracts you. I take my pup out for a walk before I get working. Sometimes I just embrace the madness by multitasking put the laundry on sit down edit or write, take a quick break put the dryer on and carry on!

Walking through the woods, or a peaceful path. Reading a good book with some good tea when there is time.

Planned breaks, dog walks, getting up to stretch, working out. Mostly making sure I've done normal morning things like showering & actually getting dressed. Make a list of tasks for the day to keep myself honest. Listen to music that keeps me going (especially music I couldn't necessarily listen to at the office!)

Some of my neighbors/friends work from home occasionally too - so sometimes we meet up and do our work together.

Enjoy the alone time to focus (remember when you were trying to focus when you worked in an office and you just wished everyone would go away - well now they have)

Cook/make a nice lunch for yourself

Have video calls (instead of calls with your camera off) whenever you can, it’s so much more like talking to someone.