



Managing Yourself and Others:

- [The Harvard Business Review](#) is providing free articles on leading and working through a pandemic. I have found many of them helpful
- [20 Tips for Working from Home](#)

Physical and Mental Wellbeing:

- [Peloton](#) is offering a 90-day subscription to its at-home workout app for free
- [Core Power Yoga On Demand](#)
- [10 Free Workouts On Demand](#)
- [Chill Chicago Daily Meditation and Mindfulness](#)
- [Headspace](#) is offering free meditation

Resources for the family:

- Take a [virtual tour of a national park](#)
- Take a [virtual tour of a museum](#)
- Free ebooks: <https://standardebooks.org/> and <https://www.gutenberg.org/>
- [Storytime from Space](#) is a project where astronauts read stories to kids
- [Virtual field trips](#) offer kids an interesting way to experience the world
- [Khan Academy](#) has a bunch of free courses
- If all else fails, [Netflix has a bunch of educational shows](#)

Donations and Community Response:

- [Support American Nurses Association and COVID-19 Response](#)
- [PAWS Chicago COVID-19 Toolkit](#)
- [Donate to Greater Chicago Food Depository](#)
- [Donate to Feeding America](#)
- [Donate to Nourish Now](#)
- [Donate to Meals on Wheels](#)
- [Donate to Catholic Charities](#)
- [Donate to UNICEF](#)
- [UNICEF: Youth Risk and Protection](#)



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