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Working from home: Resources for staying productive, effective and connected [1]

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For some, the social distancing required to prevent the spread of the COVID-19 virus may have necessitated their first time working from home. This unfamiliarity can pose some challenges.

Employees can prepare for the weeks ahead with LinkedIn Learning courses, videos and tips geared towards staying productive, effective and positive during these turbulent times.

Tip #1 - Arrange your workspace and keep it clean

Get a few ergonomic tips [3] on adjusting equipment in your new space to avoid common injuries.

Before beginning work each day, wipe down your workspace with a disinfectant wipe.

Tip #2 - Stay in tune with your mental health

The stress of the outbreak can have a negative impact on one's mental health. The following courses and videos can help manage these feelings:

- Managing Stress for Positive Change [4]
- Thriving @ Work: The Connection between Well-being and Productivity [5]
- Building Resilience [6]

Tip #3 - Stay focused

A new environment can offer a fresh mindset on work or many distractions. LinkedIn Learning's Proven Tips for Managing Your Time [7]can help you make the most of your time. Find your mind wandering often? Becoming Indistractable [8] provides techniques to keep your mind on track during work hours.

Looking for more?

For more LinkedIn Learning course recommendations to help with working from home, see this Professional Growth & Training guide [9]. To access CU's LinkedIn Learning platform, get started here [10].

Linkedin Learning [11], remote work [12]
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