

# SCOUT TALENT

SEE PEOPLE FIRST

## THE SCOUT TALENT GUIDE TO SURVIVING AND THRIVING IN A GLOBAL PANDEMIC

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# PHYSICAL HEALTH

We all know that some physical activity is good to keep our energy and concentration levels up, not to mention the positive effects on our general mental health as well. You might not feel up to it yet but whenever you are, here are a number of links containing free at home workouts of various degrees of difficulty:

- [Best free online classes that don't need equipment](#) for
- [Shhh, don't tell anyone but it's free copies of T25 - 25 minute training videos and a plan](#)
- [Good Yoga App](#)
- [Good articles on keeping fit during Corona](#)
- [5 simple lockdown exercises](#)
- [Posture exercises](#)
- [Desk Exercises](#)

# MENTAL HEALTH

Taking care of your mental health while there is a global crisis going on is of utmost importance. Not only is it important so that you are able to be productive and get your work done to the highest standards, it is also very important for you and the people around you that you try to keep your mental state in a healthy and manageable way during this time. This does not mean that outside of work hours you have to achieve everything under the sun with all your 'extra free time' and be the world's cheeriest person. It could mean just taking care of your basic needs and being able to come to work and function every day and that's ok too. Whatever it means to you, here are some links to some articles and tools that might be helpful.

- [Self-care ideas for any days you need a pick me up](#)
- [Food and mental health](#)
- [Overall wellbeing during isolation](#)
- [An Astronaut's Guide to Self Isolation](#)
- Meditation apps [here](#) and [here](#)
- [Breathing exercise app](#)

- Listen to some stories
- Boredom ideas
- Best premium online services now free
- You don't need to be productive 24/7
- Surviving the looming mental health crisis

# PRODUCTIVITY/HOME OFFICE HACKS

Now that we all are forced to work from home, some of us may be left in the situation of having to make a place and a mindset to work from where you before had no intention of ever having to do that. Here is a list of helpful articles that may help you to sort out your space in the best possible way for you and also some hacks to keep your productivity up in a new work environment.

- [How to work from home](#)
- [Productivity hacks](#)
- [9 productivity hacks to stay organized and avoid distractions](#)
- [10 tips for the perfect desk set up](#)
- [How to set up your first home office](#)
- [Ergonomics Expert Explains How to Set Up Your Desk](#)
- [8 Tips to Set Up Your Home Office for Serious Productivity](#)

# EVENT IDEAS

## **After work events:**

- After work happy hour with games (E.g. Psych!)
- Virtual Poker game and Zoom call
- After work happy hour and quiz
- Virtual paint/crafts and zoom call

## **During work events:**

- 20 minute virtual yoga class
- Morning meetings to check in on how people are doing
- EOD meetings to see how people day went
- 'who's got the best workspace' competition
- 'best family recipe' competition
- 'best story from April' competition