

The following are articles and videos to support leaders and their teams during this unusual time. Please share with your colleagues, as needed.

### Useful Videos

- **It's Not About the Nail: (focus on the person, not the problem)**  
<https://youtu.be/-4EDhdAHrOg>
- **An astronaut's guide to self-isolation with Chris Hadfield**  
<https://www.youtube.com/watch?v=fmhRTDKYpHc>
- **Benoit Morin: fighting Fear and Finding Courage**  
<https://youtu.be/FLV2E-rA5gk>
- **Turn Fear Into Motivation - Chris Hadfield**  
<https://youtu.be/P6A7kLf-cfw>

### Helpful Articles

- **A Guide to Managing Your (Newly) Remote Workers**  
<https://hbr.org/2020/03/a-guide-to-managing-your-newly-remote-workers>
- **Balancing Work and Elder-Care During COVID**  
<https://hbr.org/2020/03/balancing-work-and-elder-care-through-the-coronavirus-crisis>
- **The Contagion We Control**  
<https://hbr.org/2020/03/the-contagion-we-can-control>
- **That discomfort You're Feeling is Grief**  
<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
- **Identity Loss and 6 Ways To Re-discover Yourself**  
<https://unveiledstories.com/ive-lost-my-identity-6-ways-to-rediscover-yourself/>

### Team Activities

- **Build a team charter** (Learning Burst and Leadership Coach support available)
- **Innovate NOW: brainstorm and identify work practices we've used that we can now retire/change?**
- **Wellness Huddles (start, middle, end of day):** ground feet, boxed breathing, talk about what's coming up for people.

### Additional Support

- **Workplace Wellness PHSA:** [Workplace Wellness: Coping during COVID-19](#)
- **Contact your Leadership Coach**