



REST Isn't Earned: It's Required

I took a week off. Full Stop. Eight days of not working.

We're wildly busy as we build the Laborious Community experience and as we develop our V1 of support that will go live this week. In the midst of all of this, I knew I had to recharge, visit family, friends and some of my favorite places to reset and prepare to sprint to the starting line. Yup, not the finish line but the starting line. We're about to go live with our first feature and we know it will help people from day one.

In the quiet moments I often ask myself "why don't take more time to catch your breath, silly?" I also ask myself why I talk that way to myself.

Between my family and my goal of spending quality time with them, doing work that keeps our lights on, and building the Laborious team and Community, there's little time for a break, or so I tell myself. I'm also guilty of setting goals before I can rest, things like saying "once I do this thing..." or "as soon as I can..." too often. I've seen that pattern over and over again in my over six years in Texas but it's truly been part of my goal of staying employed. I guess I shouldn't worry any more because who fires themselves?

Six years in Texas trying to stay afloat. That's 2,115 days or 50,760 minutes of my life spent moving the goal post BEFORE I could get to something critical for my life. Things like focusing on my health and wellness. I didn't consider that rest and wellness are critical in attaining my goals and they're also crucial in supporting each of you on our wild ride to launch. Rest and health are my critical path to those goals, not something that could wait or be put off and earned once I did the "thing" I had assigned myself.

So I ask you, gently: **Are you putting off resting until you earn it?** When was the last time you took a break? How do you unwind, de-stress and connect with the people you love that aren't in your city?

My time with family and friends in Oregon and seeing the ocean again after 6 years was soul food. Driving to my all time favorite place (the Columbia River Gorge and Hood River with my best friend since we were 3) was critical to my reset.

Check out this video of kiteboarding on the Columbia River and you'll get a brief moment of the zen I felt by hearing the wind, feeling the breeze, and watching the glorious sun start to set in the background.

[CHECK OUT THE SCENE](#)

Need a little more Zen?

Check out the Insight Timer app below - it's free! This is one of the tools we will support and offer to Members on the Community. But you? Start using it today!

Try Insight Timer: It's Free!

It's Time for Action: Are You Ready to GO?

As a group, those of us volunteering to get our Laborious offerings in your hands quickly want to focus on what you need and offer the things that matter the most.

We are preparing to offer a FREE **resume review** and FREE **interview preparation / practice** starting this week to support you, our Members, in getting attention and landing interviews. We will send a special message to our Member list and will also offer resume reviews to every new Member that signs up for the wait list. There's still more to be done and we'd love your support!

Volunteer Opportunities

1. Resume review (if you've been a recruiter or hiring manager, we want you!) You probably do it better than we can.
2. Local Information gathering: Collect information on local resources for job seekers (see more - article below) and google things to help others.
3. Interview Practice (Help a job seeker practice their pitch!) on Zoom/ Google Meet / in person if you're local to them.
4. Fundraising (Both for Community Member funding and other sponsorships) So far **50% of sign ups need sponsors** to cover their \$99 annual Membership fee or are volunteering to cover their membership costs for their first year. Our fundraising hasn't covered them all yet.
5. Promoting Laborious to your Online Network (Post on Social media like [Gisela G](#) did. She's a friend and fan of Laborious - be like Gisela!)
6. Sharing Laborious to your network and forwarding this email to others that could use the boost or would want to help.

Our goals are big because we know the need is, too. [Sign up to Volunteer](#) today.

Sponsor a member today!

Bringing Laborious to Life

Our building block for the Laborious Community is happening on a community platform called Discourse. It provides the highest level of Trust & Safety tools and Moderation of any of the free community tools in the market. It also requires that we build the framework and create all of the features to support our Members, which can take some

time. But we're not waiting for the Community to be ready—we're starting to impact Work Seekers as soon as we can.

The Community will come—but the need is NOW!

We are launching access to this database and information **before the end of August**. The world of work seekers needs this information. [Help us create](#) their source of support and information. One bit of information can change someone's day and future.

We're crowdsourcing critical services to help people with job loss find hope and help, today and every day. These things include: How to find support of a layoff, a severance package and legal counsel regarding work loss; How to find food, shelter and utility support in your local area; How to offer support for those in need.

SIGN UP TO HELP!

Ready to lend a hand? Complete [this survey](#) to tell us how you'd like to help and share it with friends that feel for those in need. You can also email us at hello@laborio.us any time to find out more. Rachel will always answer your notes asap.

Don't forget to donate (email us at help@laborio.us for more information) or [Sponsor a Member](#) today!

Sponsors / Partners

Offers of discounted or free / in kind services that our Members need will be a key offering on the Laborious Community to our Members.

We'd like to secure sponsors and partners that offer price-guaranteed resume writing and review services, free assessment of your portfolio and paid financial services. What about legal needs around employment law and things like severance offer reviews and more? If you offer services that could support our mission (or if you know someone that does) please forward this email or sign-up as a Member to discuss partnership opportunities. You can also sign up at [this link](#).

Volunteers

Our team of heart-led volunteers includes 10 (and growing) of us working behind the scenes to build something special for people who have lost their work, purpose and even their community. Let's build it back together. You can sign up to [Volunteer Here](#).

We will be hiring!

Paid Roles will be available to Members First before we look outside the Members group. Join Today to find out more!



Who is this Gabanna that sends me my emails from Laborious?

Our Gabi does not love it when Rachel leaves her behind to galavant in other places like the Oregon Coast. But she diligently waits for mom to return so she can get back to the important work of napping near Rachel while she works.

Good girl, Gabanna Jane, get that rest!



This email was sent to {{ contact.EMAIL }}.

You've received this email because you've subscribed to our newsletter, are a supporter of our mission, or you joined our wait list. We can't wait to meet you when the Community. Please add hello@laborio.us to your safe sender list so we reach your inbox.

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