

**Resources for Making Remote Work Work for You**

Book Suggestion: Success with Less: Releasing Obligations and Discovering Joy by Karen Mangia. [www.successwithless.net](http://www.successwithless.net), PDF Career Companion <http://successwithless.net/wp-content/uploads/2019/07/success-with-less-career-companion.pdf>

[Working from Home: Making the New Normal Work for You by Karen Mangia](https://www.amazon.com/Working-Home-Making-Normal-Work/dp/1119758920/ref%3Dsr_1_1?dchild=1&keywords=Working+from+HOme+Karen+Mangia&qid=1615827216&s=books&sr=1-1)



**Applications:**

Helps you build communication and math skills. Elevate - <https://elevateapp.com/about>

Best apps for reducing anxiety (2020 article): <https://www.healthline.com/health/anxiety/top-iphone-android-apps#calm>

Apps to help with schooling: https://www.educationalappstore.com/app-lists/best-apps-for-schools

 **Podcasts**

Working from Home: [https://beta.prx.org/stories/355092](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbeta.prx.org%2Fstories%2F355092&data=04%7C01%7Ckirstensmith%40bsu.edu%7C18c45f17f19f40b3ed3008d8e7ba1ade%7C6fff909f07dc40da9e30fd7549c0f494%7C0%7C0%7C637514133802416656%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dgU2brWe1ws7XRdBWBtJcSRMWnf%2FCdw%2FkmNLr2eHIxI%3D&reserved=0)

How pandemic impacted jobs and lives: [https://ibjpodcast.podbean.com/e/three-women-explain-how-the-pandemic-impacted-their-jobs-and-their-lives/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fibjpodcast.podbean.com%2Fe%2Fthree-women-explain-how-the-pandemic-impacted-their-jobs-and-their-lives%2F&data=04%7C01%7Ckirstensmith%40bsu.edu%7Cce27ad90ad6b4388b8af08d8e7c056a0%7C6fff909f07dc40da9e30fd7549c0f494%7C0%7C0%7C637514160561579048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2Ff98hbZXk91W6cO6%2B7lre4%2BrB3byk1a52bVctxRn5t8%3D&reserved=0)