

# Productivity Amidst the Pandemic

“The Pandemic,” as *Time* Magazine is calling this period of uncertainty, may provide extreme consequences for the middle class. As always, the poor are getting poorer and the rich are getting richer.

[\*Forbes\*](#) stated that the net worth of America's 600+ billionaires has increased by \$434 billion during the pandemic. However, in regard to the middle class, I believe there will be an astounding difference between those who choose to binge-watch every show on Netflix and those who increase their worth by learning new skills for free. There will likely be a larger divide within the middle class.

Social media, entertainment, and online dating aside, there are countless resources for those who are willing to learn and invest the time. Speaking from personal experiences, there's nothing like hysterically laughing while scrolling through Tiktok for an hour first thing in the morning. Nevertheless, uninterrupted time is a rare gift that must be used wisely. Ivy League Universities are offering free online classes, influencers are posting YouTube exercise videos, and public libraries have digital e-books that anyone can borrow with a free account. Headspace, an excellent meditation app, just started offering free subscriptions for those who are unemployed. I've posted a number of resources that I could find below, including live updates of which companies are currently hiring. These are resources that I've personally found very useful, I hope that you do as well.

**Be as Productive as You Can Be.**

We live in uncertain times. There is no shame in prioritizing your mental health over being productive. What does productivity mean to you right now? It may mean reconnecting with loved ones through Zoom or learning how to have fun without the bar scene. It may mean waking up at 6 AM, exercising daily, and learning how to code. Regardless of how this time is spent, it should serve your higher purpose and align with your core values. Take advantage of the resources around us and focus on being productive, this is one of the best times to do so. With 100,000 deaths in the U.S alone and over 5 million people infected worldwide, this is not an easy year for humanity. Please do not hesitate to reach out to me personally on LinkedIn or [lubakaplan@gmail.com](mailto:lubakaplan@gmail.com) if you need someone to talk to or if there's anything that I can help you with.

### **Above All, Take Care of Yourself.**

If taking care of yourself is all you can manage to do right now, that is perfectly fine. Do not be hard on yourself. Prioritize your well-being. Be selfish, so that when life resumes back to what we're used to, you have more to give to others. And lastly, of course, WASH YOUR HANDS!

### **Free Resources with Online Classes, Videos, and Companies Hiring.**

#### Jobs:

This is a live update of which companies are hiring and freezing right now.

This is a list of 97 companies that are currently hiring.

Postmates, DoorDash, Uber Eats, GrubHub, and Instacart are usually always hiring. Try to get a referral code from a friend to get a bonus. These jobs are great for someone who is looking for flexibility and wants to still get unemployment by working under 30 hours a week.

## Free Online Courses

Free Code Camp made an extensive guide to free Ivy League courses that you can now. Take advantage of learning a new skill to make yourself a desirable worker once everything opens up.

EdX is a well-known company that assists Ivy Leagues in providing online education.

## Free Online Books

Use any cities OverDrive website and make a library account for free.

## Exercise Videos Via YouTube

There are many options for any type of quarantine exercise. Many of them don't require extra equipment. And you get to save money on the gym. 20 minutes of exercise a day will provide essential dopamine to our brains.

## Mental Health Resources

Meditation, in short, is the process of emptying the mind. Meditating for even ten minutes a day can help lower cortisol and increase focus. Headspace is giving free memberships to those who are unemployed. When racing thoughts are keeping you up at night, give Headspace a try.

BetterHelp is an online counseling therapy. I haven't used it but have been hearing it advertised on podcats.

If you feel like you are alone, YOU ARE NOT! I am here to talk. You belong and you are loved. You NEVER know how much your life can change in just one year.