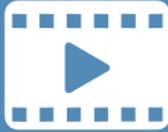


**AIMS**

Association of Independent  
Maryland & DC Schools



# DIGESTIBLES FOR DISTANCE LEARNING

Small Ideas for a Big Job!

## DIGESTIBLES #8

### Addressing the New Reality....

These past two weeks have been a crash course in working at home. The **boundaries between work and homelife have blurred** to an almost unrecognizable line and many of us are really feeling that as an intrusion. There are ways to make this all work a little better! Below, please find **two tips for structuring your life when you're new to working at home**. As we all know, we're in this for a longer stretch than we first thought (Friday, April 24 now) so let's take steps to make this sustainable!

Alecia at AIMS



### Free Online Courses from LinkedIn

[LinkedIn's Learning Blog](#) is offering a series of workshops for those of us who are new to working at home. Each webinar covers topics ranging from **managing your time efficiently**, and the **impact that working from home has on your life**, to considering your "presence" online and **what kind of image you want to present**. If you're an administrator, it has sessions on **managing teams online**, as well. You can see all of them by clicking the link below. There's also a similar [guide for PARENTS that you can find and share](#) here.

[Learn More](#)

### Building Resilience In the Face of A Crisis

There's a lot that we can do to ameliorate the sense of being overwhelmed that some of us

## Emotions Need Motion

*"It's important we acknowledge what we go through. One unfortunate byproduct of the self-help movement is we're the first generation to have feelings about our feelings. We tell ourselves things like, I feel sad, but I shouldn't feel that; other people have it worse. We can — we should — stop at the first feeling. I feel sad."*

may be feeling. The Harvard Business Review offers great advice on "[How to Build Your Resilience During A Crisis](#)" and another entitled, "[That Discomfort That You're Feeling Is Called Grief](#)." The quote on the left is from the latter. These two think pieces offer some really great advice for acknowledging and dealing with the very real trauma we may be feeling. Our world shifted on its axis in a matter of days. Let's not pretend that "everything is fine." More on the topic from Harvard Business Review:

[Learn More](#)