



As part of our ongoing support of our employees during this time of global disruption, please see the following resources cultivated especially for you.

New This Week

Resources for Financial Wellness

<https://gflec.org/education/financialresilience/>

<https://www.uk.mercer.com/content/dam/mercero/attachments/europe/uk/uk-2020-mercero-coronavirus-guide-13th-may-final.pdf>

Return To Work

Returning to Work

We will be looking to local health departments and government for guidance on when to return to work. Any return to work will be a gradual process to help maintain social distancing. We will also follow WHO, CDC and local government guidelines on the requirement to wear face masks.

Use of cloth face coverings

<https://www.youtube.com/watch?v=dnBqwowZi5w>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Remote Work

Working from home tips

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

Effective Remote meeting tips

<http://officestatus.clares.com/wp-content/uploads/2020/04/Remote-meetings-101-1.pdf>

Managing Remote Teams

https://www.mindtools.com/search?search_term=Virtual+Team+Building+Exercises

<http://officestatus.clares.com/wp-content/uploads/2020/04/Managing-remote-teams-101.pdf>

Ask the CEO

Even when we are physically apart, we are still together in our support of each other. Is there something you are wondering or concerned about and would like to ask our CEO? Please submit your questions to:

<mailto:Human.Resources@claires.com>



Motivation / Inspiration

Staying motivated at home

<http://officestatus.claire.com/2020/05/12/staying-motivated-at-home/>

The Startup-Medium written by Sophia Beams

12 Tips on Staying Inspired

<https://www.lifehack.org/articles/productivity/12-simple-things-you-can-stay-inspired.html>

Health & Well-being

Staying Safe

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Staying connected

<https://www.10best.com/interests/travel-tips/how-to-stay-connected-while-social-distancing/>

Manage Stress and Build Mindfulness

[6 Free Courses to Help You Manage Stress and Build Mindfulness Into Your 'New Normal'](#)

Calm and Headspace are applications that provide self-help support

Please be aware that these sites offer a free trial for “premium options” that will become a paid subscription after the trial period. If you do not wish to use after the free period please ensure you cancel your subscription

<https://www.calm.com/>

<https://www.headspace.com/>

<https://www.headspace.com/covid-19>

Trusted mental health advice when you need it most

<https://www.verywellmind.com/>

The Centers for Disease Control and Prevention

<https://www.cdc.gov/>

World Health Organization

<https://www.who.int/>

Online Learning

LinkedIn Learning

[Free LinkedIn Learning Courses to Help You Navigate the Impact of COVID-19](#)

Ted Talks

<https://blog.ted.com/what-to-watch-from-ted-on-the-coronavirus-outbreak/>



Parental Support

Parental Support

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

Parenting during COVID-19

<https://www.unicef.org/media/67211/file>

The Lighter Side

Some Good News – John Krasinski highlights some good news from around the world

https://www.youtube.com/watch?v=F5pgG1M_h_U