

Subject: STAFF Holiday links & recommendations
Date: Wednesday, 1 April 2020 at 1:33:58 pm Australian Eastern Daylight Time
From: Zac Blum
To: #Staff - General Admin, #Staff - Generic Logins, #Staff - Instrumental Staff, #Staff - Lab Assistants, #Staff - Library, #Staff - Shlichim, #Staff - Student Assistants, #Staff - Teachers ALL, #Staff - Teachers Creche, #Staff - Teachers ELC
CC: Brad Rychter, Maeve Slonim, Josh Kolski
Attachments: image001.jpg, image002.jpg, image004.jpg, image006.jpg, image007.jpg, Recommendations for Lock Down (002).pdf, image010.jpg, image011.jpg, image012.jpg, image013.jpg

Hello all,

We hope you're having a great week. There's no doubt that our term 1 holidays are going to be strikingly different from the norm. So we've prepared some links and recommendations below for you to engage with over the break 😊

Podcast Recommendations:

Work Life by Adam Grant

<https://www.podbean.com/podcast-detail/vu5tw-6585c/WorkLife-with-Adam-Grant-Podcast>

You spend a quarter of your life at work. You should enjoy it! Organizational psychologist Adam Grant takes you inside the minds of some of the world's most unusual professionals to discover the keys to a better work life. From learning how to love your rivals to harnessing the power of frustration, one thing's for sure: You'll never see your job the same way again.



How I Built This with Guy Raz

<https://www.podbean.com/podcast-detail/2a6wb-43e3c/How-I-Built-This-with-Guy-Raz-Podcast>

Guy Raz dives into the stories behind some of the world's best known companies. *How I Built This* weaves a narrative journey about innovators, entrepreneurs and idealists—and the movements they built.



Mindfulness & Meditation:

Mindful.org

<https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

A great resource for free mindfulness and meditation exercises. They're a little challenging, but a useful

tool to clear your mind and destress from Digital Bialik and the craziness of living in lockdown.

Calm, Headspace & Smiling Mind

If you're looking for something more nuanced and more functional, I'd strongly recommend having a look at any of these apps below:

*Available online and on all App stores.



Informal Recommendations:

A little something extra is **attached above** to help you get through those long hours at home over the break. Each member of the informal department has compiled a list of 10 recommendations, either films, TV shows, albums or books. Please enjoy, and feel free to reach out after you've tried some of the recommendations. We'd love to hear your thoughts!

Have a great break!

Stay safe and healthy,

Love the Informal team 😊