

WORK

Morning Brew's Guide to Living Your Best Quarantined Life

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Things are about to get weird.

But, as virtually all generic motivational quotes remind us, it's less about the adversity you face than how you respond.

With that in mind, we spent some time compiling everything you need to remain a functioning member of society while working from your living room. And by everything...we mean everything.

**New updates from 3/18: Video games, parenting, plenty more book recs, virtual tours, and more.*

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Prologue: Stay Informed

While you're living out your best socially distanced life, you can always stay informed with the latest 'rona news by visiting [the CDC](#), [the WHO](#), [and JHU](#) websites, and check which events are canceled [here](#).

- Here's a [dashboard](#) that tracks the outbreak.

Stay Productive While Working From Home



Remember, Shakespeare wrote *King Lear* while the plague shut down theaters. Here's how you can accomplish something of similar value to humankind.

Setting up a proper workstation

Experts recommend setting aside a workspace to get you into “work” mode. If you have a beechwood standing desk with three monitors and a view of the ocean, well la de da. If you don't, switch up where you're working when you start to feel like you're no longer being productive in your chosen spot.

The Mayo Clinic has a [guide](#) to setting up an ergonomic workstation.

- **Scent:** You can use a candle, incense, or other scent diffuser that you associate with work. We recommend eucalyptus or mahogany.
- **Sound:** Play certain music only while working and not while doing anything else, like Spotify's [Lo-fi Cafe](#) playlist, [asoftmurmur.com](#), or [Big Desk Energy](#).
- **Design:** Here's [some inspo](#) for your work from home setup

Video Calls: How to not look like an idiot

Appearance: Make sure you have [good lighting](#), keep the angle at eye-level or slightly higher, and have a professional background. It might be time to take down the “Saturdays are for the boys” poster, anyways.

- Pro tip: You can activate a [beauty filter](#) on Zoom

Etiquette: Be [mindful](#) of where you're looking when you're lost in thought or talking. Mute yourself when you're in large meetings, but don't when you're in small brainstorm. Call in from a quiet place and keep everything you need close by so you don't need to leave the screen.

- Write talking points and reminders on Post-It notes attached to your screen.
- Quit out of any apps you won't be using prior to the meeting.

Backgrounds: [Try these fun ones](#) for Zoom.

Scheduling

Create a time that you're “in office” every day, and be prepared to start working at that time. Then, decide on a time that you “leave” for the day and mark both on your calendar. Embracing time constraints could help you keep all four of [your burners](#) going (friends, family, work, health). Don't forget to schedule in...

- Cooking and eating, so you don't end up eating [entire jars of pickles](#) or taking frequent breaks to cook three-course meals.

Morning Brew's favorite time management tools: [Calendly](#) and [Todoist](#)

Leading a team

Simulate in-person contact: Set up virtual “coffee chats” and “happy hours” more often than you would normally in person. You can’t tap people on the shoulder virtually, and it’s better to save up your Slack ideas and feedback for an actual conversation.

- You can also request employees check in every morning at a certain time, and to block off their schedules when they plan to take a workout class or head off to lunch.

Harvard Business has a [list of resources](#) to help you effectively lead amid COVID-19.

Things to Do When You’re Not Working



Learn new skills

- Be productive while others are “Netflix and Chilling” and take up a new skill. We recommend diving into the world of [data science](#) or “[No Code](#).”
- Tips to learning new skills fast: [Take Short Breaks, Early And Often](#)
- [450 free Ivy League online classes](#)
- [Free educational courses](#) offered due to school closings.
- [Chess.com](#)

Read long-form articles

- **Big Ideas**
 - [The Fermi Paradox](#)
 - [Why Procrastinators Procrastinate](#)
 - [The Coddling of the American Mind](#)
- **Business Strategy**
 - [4-Part series on Elon Musk, Tesla, and SpaceX](#)
 - [1,000 True Fans? Try 100](#)
 - [Debt is Coming](#)
- **More**
 - [Peter Thiel’s Religion](#)
 - [Three Big Things: The Most Important Forces Shaping the World](#)
 - [Neither, and New: Lessons from Uber and Vision Fund](#)

Read books

- [50 best nonfiction books of the last 25 years](#)
- Great website with tons of recs → [Five books](#)
- [Full list](#) of Bill Gates’s reading list from 2012 on

- Brew Crew recommendations
 - An adventure: [Shantaram](#) by Gregory David Roberts (Copywriter Henry Stockwell)
 - A story that veers in and out of reality: [The Tiger's Wife](#) by Téa Obreht (Retail Brew writer Halie LeSavage).
 - A hilarious, self-referential tale: [Less](#) by Andrew Sean Greer (Editorial Coordinator Jamie Wilde).
 - A fictional pandemic story: [Station Eleven](#) by Emily St. John Mandel (Writer Eliza Carter)
 - A reality-bending mystery whose film version stars Leonardo DiCaprio: [Shutter Island](#) by Dennis Lehane (Managing Editor Neal Freyman).
 - A bestselling story of a startup gone haywire: [Bad Blood](#) by John Carreyrou (Head of Content Samir Sheth).

Exercise

Buy a few key pieces of equipment that you think you'll use the most, like a yoga mat, kettlebells, and free weights. Then find some workouts you can follow from home. Some options:

- **Workout database:** [This should have everything you need](#)
- **Simple but effective:** [This guide to at-home workouts](#)
- **Online class memberships:** [Obé](#) is great if you can carve out enough space at home to do their workouts + [Peloton](#) for a higher price
- **YouTube channels:** [Yoga with Adriene](#), [POPSUGAR Fitness](#), and [Blogilates](#)
- **Amazon Prime Video** has a ton of workout videos included in your membership
- **ASICS Studio Fitness** app's [personal trainer-led](#) classes are free for 90 days

Stay connected to others

The WHO [released](#) some tips on how to deal with anxiety. Here's what you can do if you're stuck at home, especially if you're alone...

- Call, text, and FaceTime your friends and family
- 7 ways to [volunteer remotely](#)
- Join a [WFH Happy Hour Slack group](#)
- Read [this message](#) from Rabbi Yosef Kanefsky
- Bring back [Houseparty](#)!

If you need someone to talk to, [7 Cups](#) can connect you to caring listeners, and if you need trained mental health support ASAP, text the [Crisis Text Line](#)

Cooking

- **Coffee:** Making your own coffee can save time and money. [Here's a good guide.](#)
- **Casseroles:** Get out your grandma's *Better Homes & Gardens* and make some '60s-style casseroles. Our favorites are [green bean](#) and [vegetable](#).
- **Our favorite sites for recipe inspiration:** [Ambitious Kitchen](#) and [Serious Eats](#)
- **Easy-to-cook meals**
 - [NYT sheet pan dinners](#), [pantry- and freezer-friendly recipes](#)
- When you have too much space in your stomach and time on your hands, check out this [campari olive oil cake](#), [Food in my Beard](#), Massimo Bottura's [#KitchenQuarantine](#) videos, [Binging with Babish](#)
- **Drink:** [Spring cocktail list](#)

When you don't feel like cooking: Uber Eats has [waived delivery fees](#) for independent restaurants

Parenting

- **Homeschooling:**
 - [A thread with good resources](#)
 - [Scholastic learn from home website](#)
- **Scheduling:** [This one](#) was shared around the internet
- **General tips:** [WaPo](#)
- **Online education:** This [Facebook post](#) is full of free resources, including [Khan Academy](#) and [BBC Learning](#)

Clean up your life

- **Digital:**
 - [Delete old and duplicate pictures](#) so that pesky iCloud storage reminder finally goes away
 - Clean your desktop (and build a separate folder so you can stop saving to desktop)

- Delete unused apps, update your software

- **Physical:**

- Clean out your closet and donate clothes you don't wear anymore
- Cancel unused subscriptions

Just Have Fun

Watch...

- **Business movies**

- A few of the most talked about: [Too Big to Fail](#), [Wolf of Wall Street](#), [The Founder](#)
- Learn about the best business people of all time: [Becoming Warren Buffett](#), [Inside Bill's Brain: Decoding Bill Gates](#)
- And some of the worst: [The Inventor](#) (HBO), [Betting on Zero](#)

- **Morning Brew favorites**

- Amazon's *Fleabag*, HBO's *Succession*, and *Better Call Saul* (old epis on Netflix)

- **A more general list**

- Lists of comforting TV shows you can stream: [list 1](#) and [list 2](#)
- Not necessarily comforting, but a long list of [spring 2020 TV shows](#)
- Anything from The Ringer's "exhaustive" [streaming guide](#)
- *Westworld* season 3 is back on HBO, Marc Maron has a new Netflix special, *Frozen 2* is on Disney+, *Dave* is now on Hulu
- Or if you want to revel in the apocalypse: *I am Legend* (Prime), *Zombieland* (Prime), *World War Z* (Hulu, but read the book first), *The Day After Tomorrow*, *Mad Max* (Cinemax but who has that), *This is the End* (Prime)
- [How to watch Netflix with your friends](#)

- **Cultural thingz**

- [Aquarium live cam](#)
- [A magazine of virtual tours, live streams, and online cultural programs](#)
- The National Gallery of Art is giving [virtual tours](#)
- 12 museums are giving [virtual tours](#)
- Live streamed art exhibitions from [The Social Distancing Festival](#)

Listen...

- **Podcasts**

- [Morning Brew's favorite podcasts](#)
- You could always binge [Morning Brew's Business Casual](#). Some of our favorite guests:
 - [Gary Vaynerchuk](#)
 - [The Fat Jewish](#)
 - [Downtown Josh Brown](#)
 - [Kara Swisher](#)
- [Social Distance](#) by The Atlantic
- [The Dropout](#)
- Great episode → [Reply All: The Case of the Missing Hit](#)

- **Music**

- The Seattle Symphony is [livestreaming](#) their programs for free.

- **Now's your chance to get into opera:** The Met is [streaming performances for free](#).

- Corona-vibe-rus Spotify [playlist](#)
- [Diplo](#) is hosting live DJ sets on his Instagram

Play...

- **IRL Games**

- Social/party: [Monikers](#), [Codenames](#), [Taboo](#), [Salad Bowl \(DIY\)](#), [Monopoly Deal](#), [Bananagrams](#), [Fibbage/Quiplash](#)
- Strategy: [Settlers of Catan](#), [Bohnanza](#), [Power Grid](#), [Ticket to Ride](#), [Pandemic](#) (seriously)

- **Video Games**

- Not all games are first-person shooters. Here are some relaxing picks from our in-house video game correspondent:
 - Explore Possum Springs and steal some pretzels in [Night in the Woods](#) (PS4, Xbox One, Switch)

- Glide through the ocean in [Abzû](#) (PS4, Xbox One, Switch)
- Create a cute animal getaway in [Animal Crossing: New Horizons](#) (out soon on Switch)
- Free games, because we know the above recommendations add up:
- Get a *Minecraft* Education Edition [free trial](#), and explore familiar worlds from [Fantastic Mr. Fox](#) and [Treasure Island](#)
- **Not free, but cheap:** Buy The Sims 4 [for \\$5](#). Care for your Sims, or [creatively kill](#) them for fun (to each her own)

• Corona Memes

- [Zoom memes for self-quaranteens](#)
- [Chris Evans as sanitizers](#)
- Washing your hands: [the musical](#)
- [Quarantine bingo](#)

Suggestions

What should we add to this guide? [Share your suggestions here.](#)

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YOU MIGHT ALSO LIKE...



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[State Unemployment Websites See Deluge of Visits Driven by Coronavirus](#)

[Eliza Carter](#)

March 18, 2020

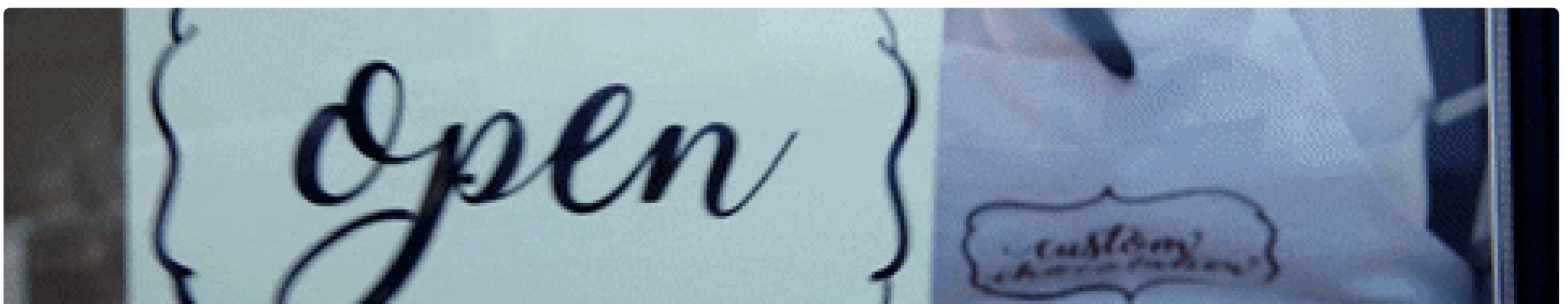


ECONOMY

[Potential Addition to Stimulus Bill: \\$1,000+ Cash Payments](#)

[Eliza Carter](#)

March 17, 2020



EVENTS

[A Rundown of Major Coronavirus-Related Cancellations and Delays](#)

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March 12, 2020

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