



MEADOWS CONSULTING, LLC

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SOME RESOURCES FOR GETTING THROUGH THE PANDEMIC

Here are some links that you or people you know may find useful. You'll find resources for:

- ***job search strategies***
- ***ways to stay well (or at least do better)***
- ***getting credentials***
- ***health insurance***

All of these resources are current as of July 3, 2020.

JOB SEARCH STRATEGIES

Ideas from job search strategist Hannah Morgan

Hannah Morgan, at careersherpa.net, is one of the best sources of job search information. For example: [***Adjust Your Job Hunting Skills***](#) and [***Networking Virtually...Tips for the New Normal.***](#)

[***Interview Questions in a Post-COVID Pandemic World***](#)

From the job-hunt.org website.

[***How Hiring is Changing as Businesses Reopen***](#)

From Andrew Seaman's [***Get Hired***](#) newsletter on LinkedIn.

Jobscan: resume analysis and blog posts on hiring

Jobscan.co has a highly useful tool that shows how your resume could look to an Applicant Tracking System (ATS).

Also see Jobscan's blog posts such as [***The Ultimate List of Companies Still Hiring***](#) (currently 7835, up from 5206!). ...Just remember to put most of your energy into networking.

WAYS TO STAY WELL

Neuroscience-based ways of managing stress

Ann Betz is one of my favorite coaching/neuroscience teachers. Here's her article on [***Non-Coaching Ways to Help Yourself and Others Manage Stress.***](#)

Also see Ann's blog post, [***Your Brain Remotely.***](#) Good suggestions for leaders and for all of us.

Free video series on self-compassion

Kristin Neff, author of [Self-Compassion](#) and Chris Germer are offering a free 3-session video course, [Discover the Power of Self-Compassion](#).

[How to Lend a Helping Hand from Home](#)

“Just because you’re staying put, doesn’t mean you have to stop volunteering — a proven method of combating depression and anxiety.”

The Harvard Business Review is talking about grief these days

[That Discomfort You’re Feeling Is Grief](#).

Good free mindfulness resources

[Tara Brach](#) is a wonderful mindfulness/meditation teacher who offers a free Wednesday evening meditation class and occasional other free events.

[Cultivating Mindfulness at this Critical Moment](#). Three months’ worth of taped free daily meditations with Jon Kabat-Zinn.

[How To Find a Therapist When You Need One](#)

From the Boston Globe, 2019.

[On Coronavirus Lockdown? Look for Meaning, Not Happiness](#)

An important aspect of resilience is *“the human capacity to creatively turn life’s negative aspects into something positive or constructive”*—quote from Viktor Frankl, Holocaust survivor. If he could find something meaningful in the negative, we all can.

THIS CAN BE A GOOD TIME TO GET CREDENTIALS

Online professional credentials from EdX, some for credit

[EdX](#) is an excellent source of free or low-cost online courses—“2500+ courses from 140 institutions”.

[Learn New Skills With These Online Classes](#)

By Hannah Morgan of [careersherpa.net](#).

HEALTH INSURANCE

[Health Coverage Helpline](#)

Health Care For All’s excellent helpline helps people find Massachusetts coverage, answers questions and troubleshoots cases. Call (800) 272-4232.

[Massachusetts Health Connector](#)

State website where you can apply for MA health insurance and also find out whether you are available for any low-cost health plans. **Open enrollment for any uninsured person is extended through July 23** (and may be extended again after that). Patience may be required.