

## Engaging Remote Teams - Video/Break Listing

Introverts and Working Remotely

<https://www.youtube.com/watch?v=PZr142ka96k>

Headspace – Changing Perspective

<https://www.youtube.com/watch?v=iN6g2mr0p3Q>

Sunday Morning – Working Remotely

<https://www.youtube.com/watch?v=78bOoGpQlyk>

Calm Breathe Bubble

[https://www.youtube.com/watch?v=5DqTuWve9t8&list=PLccn20-a2ma0i5mIJKPviGeqdDgmgW\\_Ry](https://www.youtube.com/watch?v=5DqTuWve9t8&list=PLccn20-a2ma0i5mIJKPviGeqdDgmgW_Ry)

Activities for Remote Workers

<https://www.youtube.com/watch?v=1kHbJfpRxKU>

Working from Home

<https://www.youtube.com/watch?v=tIDzbpzgk30>

Office Air

<https://www.youtube.com/watch?v=DXDRV-JwqBM>

Glass of Water

<https://www.youtube.com/watch?v=Rxjp-fkuc-U>