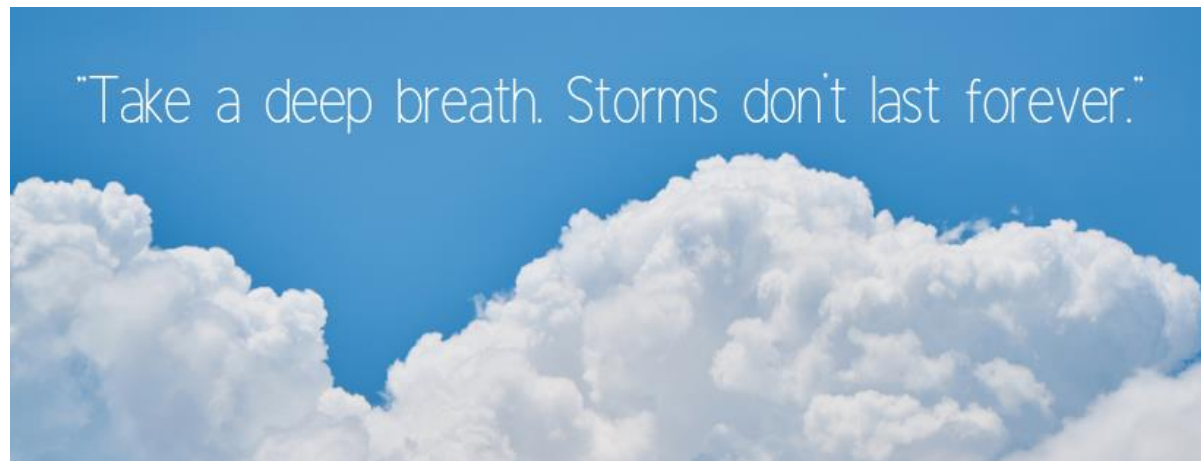


Health and Wellness Activity
COVID-19 Resources

April 10, 2020



This week's recommended Health and Wellness Activity:

5- Minute Stretch Break



“The Quarantine 15 Is the New Freshman 15”: Is the Comparison Actually Valid?

As we continue to social distance during the coronavirus outbreak, many of us are moving less and eating more— resulting in weight gain that some are calling the “COVID 19” or the “quarantine 15” (a.k.a. the new version of the “freshman 15”). While we could all use a laugh— and some relief from the challenges of our times— the truth is, this comparison or “joke” isn’t funny to everyone. Some may feel triggered or pressured to maintain a certain size during the pandemic and that can do more harm than good.

Click the link provided below to access the full article

<https://thriveglobal.com/stories>

Why Getting More Sleep During the Coronavirus Pandemic Is Essential



"Adequate rest helps your body fight off viruses."

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U.S. Latinos Among Hardest Hit By Pay Cuts, Job Losses Due to Coronavirus

More Latinos than U.S. adults overall say someone in their household has had pay cut or lost a job due to COVID-19

% who say they, or someone in their household, have ____ because of the coronavirus outbreak



Notes: Hispanics are of any race. Share of respondents who didn't provide an answer not shown.

Source: Survey of U.S. adults conducted March 19-24, 2020

PEW RESEARCH CENTER

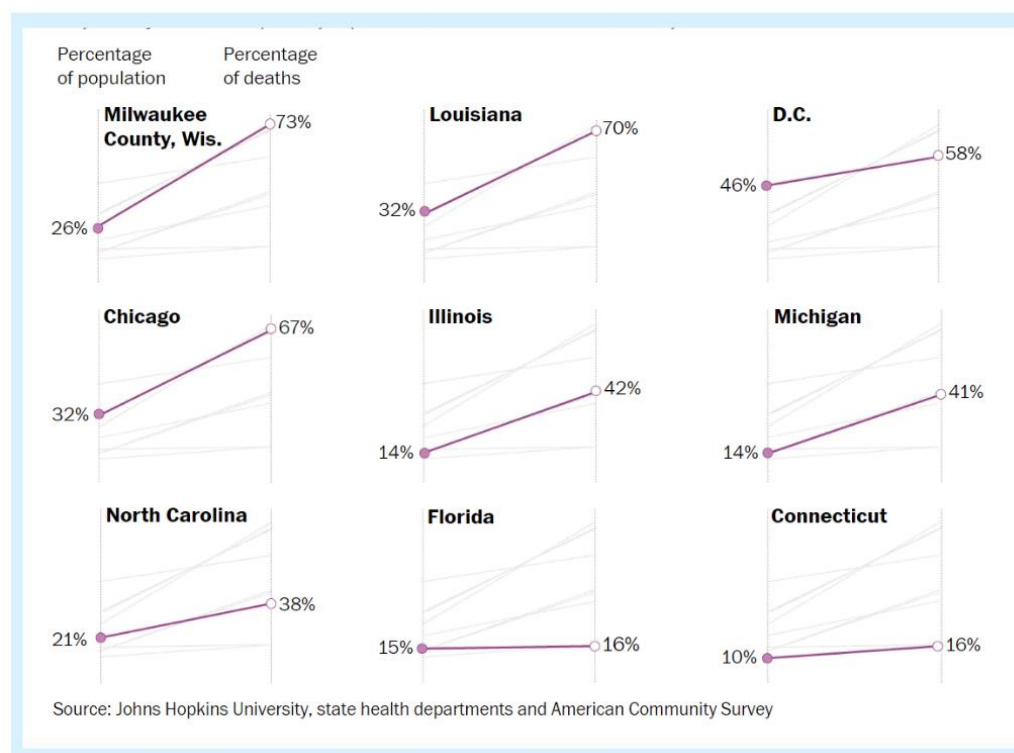
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Indian Country, where residents suffer disproportionately from disease, is bracing for coronavirus

"Conditions in Indian Country are ripe for a rapid spread of the coronavirus. Rates of infection among Navajos is a major concern."

[READ MORE...](#)

The Coronavirus Is Infecting and Killing Black Americans At An Alarming High Rate



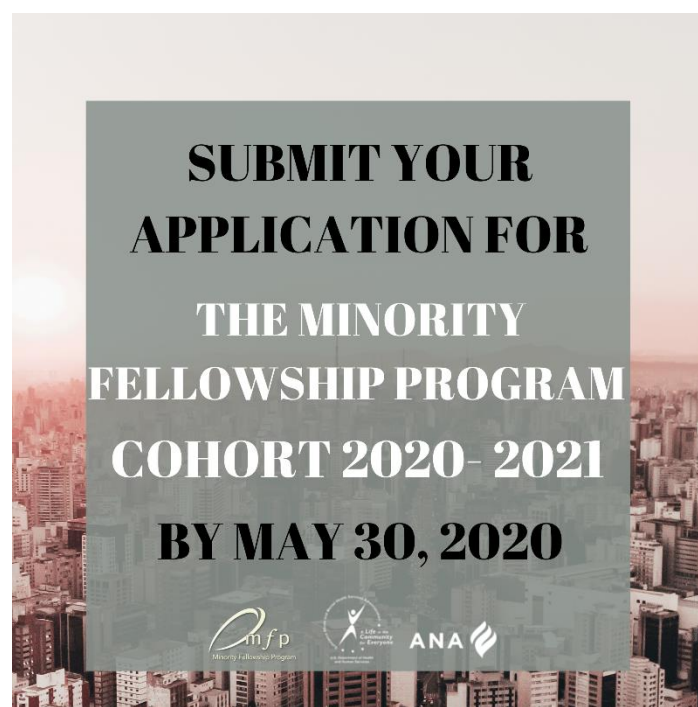
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Examine Your Biases

Biases are subconscious judgments that have solidified into beliefs and keep people disconnected from others and from reality. So, ask yourself who you judge. Slow drivers? Conservatives? Liberals? Working moms? Stay-at-home moms? Challenge yourself to list your prejudgments and ask yourself why you feel that way. Then look for ways your thinking might be flawed. Could there be a good reason that person drives slowly? We all make judgements and put others into boxes at times, and it takes a conscious effort to really see our subtler biases but challenging the stereotypes you've taken for granted will make you a more compassionate person.

Taken from: Hanley, K. (2017). How to be a better person, Simon & Schuster: Avon, Massachusetts.



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STOP COVID-19 XENOPHOBIA

**CLICK HERE TO REPORT
ASIAN AMERICAN HATE
CRIMES DUE TO COVID-19
MISINFORMATION.**

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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