

Health and Wellness Activity
COVID-19 Resources

August 28, 2020



This week's recommended Health and Wellness Activity:

Nature Sounds for Stress Relief



Suggested meditation read:

Your Fear is Sacred

by Ethan Nichtern

[Read more](#)

The following articles may be of interest to you:

3 Tips to Overcome Imposter Syndrome as a Graduate Student

[Read more](#)

How to provide telehealth to older adults

[Read more](#)

There Is Nothing Fragile About Racism

[Read more](#)

Preparing Your Mind for Uncertain Times

[Read more](#)

COVID-19 Racial/Ethnic Disparities:

Count Native Hawaiian And Pacific Islanders In COVID-19 Data—It's An OMB Mandate

[Read more](#)

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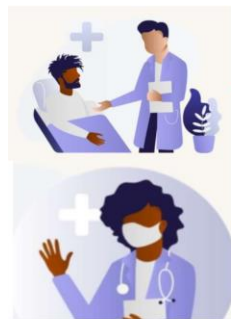
Large U.S. covid-19 vaccine trials are halfway enrolled, but lag on participant diversity

[Read more](#)

Researchers explore how COVID-19 affects heart health in Black women

[Read more](#)

The following event may be of interest to you:



CALL FOR APPLICATIONS
INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

The Interdisciplinary Minority Fellowship Program (IMFP) is funded by a new grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This fellowship program is designed for master's and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or cooccurring mental and substance use disorder.

Deadline to apply is September 27, 2020

[Click here to learn more and to apply.](#)

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.

Did you enjoy today's e-Newsletter?

- Yes
 No

How likely are you to share one or more of the resources provided with a colleague?

- Likely
 Not likely

Submit

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