

Health and Wellness Activity COVID-19 Resources

December 11, 2020

"Sometimes the most productive thing you can do is relax."



This week's recommended Health and Wellness Activity:

5-Minute Breathing Exercise



The following articles may be of interest to you:

4 ways to stay fit and stress less during the holidays

[Read more](#)

How I started a journal for postdoctoral researchers

[Read more](#)

National Black Nurses Association Launch Two Ground Breaking RETHINK And RE:SET Initiatives

[Read more](#)

Covid live updates and vaccine news: Pfizer vaccine continues to roll out in U.K.

[Read more](#)

Health Disparities:

Chinatown Businesses Face a Particularly Brutal Winter

[Read more](#)

Bank of America Joins CVS Health to Fund and Deliver Free Flu Vaccine Vouchers

[Read more](#)

Kids catch and spread coronavirus half as much as adults, Iceland study confirms

[Read more](#)

Medical research again leaves pregnant women waiting for a shot at a vaccine — this time for coronavirus

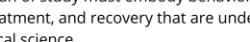
[Read more](#)

CALL FOR APPLICATIONS!



Are you a psychiatric nurse pursuing a career that focuses on the prevention & treatment of mental illnesses & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you answered yes to these questions, visit <http://emfp.org> to learn more and to apply!

Deadline to apply is April 30, 2021



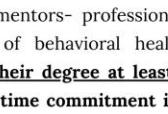
Eligibility Requirements

- Applicants must be an American citizen or permanent resident.
- Member of an ethnic or racial minority group.
- Doctoral applicants must have a Master's Degree or completed at least nine (9) credits related to Psychiatric/Mental Health or Substance Abuse.
- Master's level curriculum and plan of study must embody behavioral health disorders prevention, treatment, and recovery that are under girded with theoretical and clinical science.
- Masters applicants must be enrolled full-time in an accredited degree behavioral health (psychiatric mental health/substance use) program in nursing.
- Doctoral applicants must be enrolled as a full-time doctoral student in a fully accredited nursing program.
- Applicants must have an active Registered Nurse License.
- The documents included in your application (CV, recommendations, essay, etc.) should demonstrate your commitment to a career in substance abuse or psychiatric/mental health issues affecting minority populations.
- Fellows are required to commit to a minimum of 2 years' service in mental health and/or substance use after graduation.

IMFP CALL FOR MENTORS

MENTOR RECRUITMENT DATES: NOVEMBER 5-DECEMBER 21, 2020

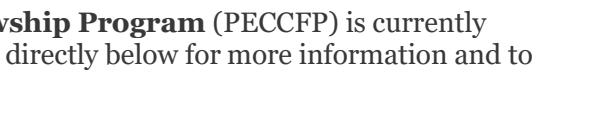
The American Psychological Association's Minority Fellowship Program is seeking mentors for its new **Interdisciplinary Minority Fellowship Program** (IMFP).



The IMFP supports 55 doctoral and master's Fellows each year and requires the expertise and support of leaders in each represented discipline. This expertise is provided by mentors- professionals who are well recognized in the field of behavioral health. Therefore, **mentors must have received their degree at least 5 years in the past**. The estimated mentor time commitment is 1 hour per month for each fellow and the term of service is up to two years, beginning January 2021.

****Nominations and supporting materials should be submitted no later than December 21, 2020 at <http://mfp.IMFP-Mentor-Nominations.alchemer.com/s3/>.** Nominees will be notified of their status in December.

For more information on the APA Minority Fellowship Program, please visit apa.org/pi/mfp/



The **Provost Early Career Cohort Fellowship Program** (PECCFP) is currently accepting applications. Use the link provided directly below for more information and to apply.

<http://app.econnect.utexas.edu/e/es.aspx>

STOP COVID-19 XENOPHOBIA

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

NATIONAL

**SUICIDE
PREVENTION
LIFELINE**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

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.

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.

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

Stay connected! Follow us on social media.



Funding for the INSIDE MFP e-Newsletter was made possible (in part) by Grant Number 1H79SM080386-03 from SAMHSA. The views expressed in written training materials or publications and by speakers and moderators do not necessarily reflect the official policies of the department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S Government

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