

Health and Wellness Activity  
COVID-19 Resources

December 25, 2020



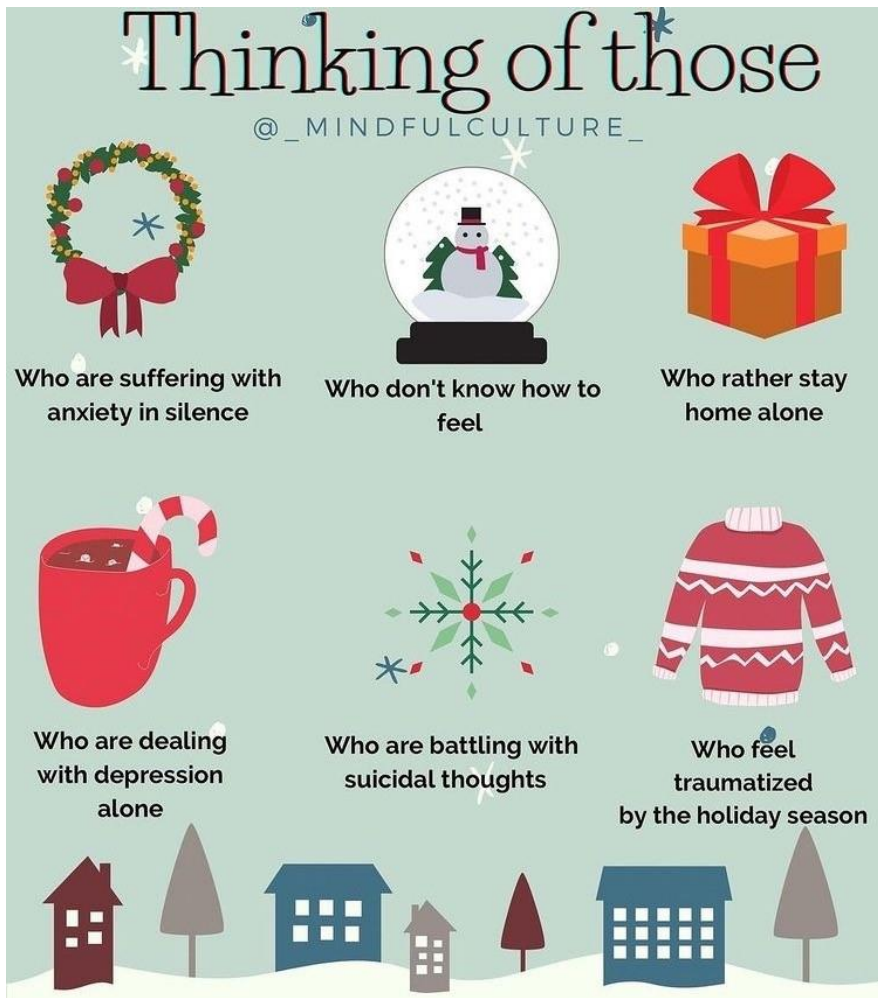
Wishing you a safe and  
sound holiday season.



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

**5-Minute Meditation**



This week's suggested articles:

**5 Virtual Holiday Party Ideas to Try  
This Year**

[Read more](#)

**Holiday Blues: Tips for coping with  
anxiety and depression during the  
holiday season**

[Read more](#)

**Millions of Christmas presents may arrive  
late because of Postal Service delays**

[Read more](#)

**Here Are the CDC Guidelines for  
Allergic Reactions to COVID-19  
Vaccines**

[Read more](#)

**Health Disparities:**

**Scientist Kizzmekia Corbett shares  
inspiring message after helping  
design COVID-19 vaccine: 'Lives are  
about to be saved'**

[Read more](#)

## First Coronavirus Vaccine Doses Administered In Hard Hit Indigenous Communities

[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!

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?>

**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.

### 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.

Missed an issue? Check out our e-Newsletter archives at [emfp.org/news/e-newsletters](http://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**

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Funding for the INSIDE MFP e-Newsletter was made possible (in part) by Grant Number 1H79SM080586-03 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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