

Health and Wellness Activity  
COVID-19 Resources

February 26, 2021

"Go easy on yourself. Whatever you do today, let it be enough."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

**5-Minute Shoulder Pain Relief Stretches**



**BALANCE SHEET OF LIFE**

**THE MOST DESTRUCTIVE HABIT ... WORRY**  
**THE GREATEST JOY ... GIVING**  
**THE GREATEST LOSS ... LOSS OF SELF-RESPECT**  
**THE MOST SATISFYING WORK ... HELPING OTHERS**  
**THE UGLIEST PERSONALITY TRAIT ... SELFISHNESS**  
**THE GREATEST "SHOT IN THE ARM" ... ENCOURAGEMENT**  
**THE GREATEST PROBLEM TO OVERCOME ... FEAR**  
**THE MOST EFFECTIVE SLEEPING PILL ... PEACE OF MIND**  
**THE MOST CRIPPLING FAILURE DISEASE ... EXCUSES**  
**THE MOST POWERFUL FORCE IN LIFE ... LOVE**  
**THE MOST DANGEROUS ACT ... A GOSSIP**  
**THE WORLD'S MOST INCREDIBLE COMPUTER ... THE BRAIN**  
**THE WORST THING TO BE WITHOUT ... HOPE**  
**THE DEADLIEST WEAPON ... THE TONGUE**  
**THE TWO MOST POWER-FILLED WORDS ... "I CAN"**  
**THE GREATEST ASSET ... FAITH**  
**THE MOST WORTHLESS EMOTION ... SELF - PITY**  
**THE MOST BEAUTIFUL ATTIRE ... SMILE!**  
**THE MOST PRIZED POSSESSION ... INTEGRITY**  
**THE MOST POWERFUL CHANNEL OF COMMUNICATION ... PRAYER**  
**THE MOST CONTAGIOUS SPIRIT ... ENTHUSIASM**

**LIFE ENDS, WHEN YOU STOP DREAMING. HOPE ENDS, WHEN YOU STOP BELIEVING. LOVE ENDS, WHEN YOU STOP CARING. SO, PLEASE SHARE THIS BALANCE SHEET OF LIFE. FRIENDSHIP ENDS WHEN YOU STOP SHARING.**

The following articles may be of interest to you:

**Setting goals for wellness**

blog.healthadvocate.com

Read more

**How Work Friendships Can Boost Happiness, Especially Now**

thriveglobal.com

Read more

**The evidence connecting migraine and mental health**

medicalnewstoday.com

Read more

**Health Disparities:**

No, the Tuskegee Study Is Not the Top Reason Some Black Americans Question the COVID-19 Vaccine

[www.kqed.org/news](http://www.kqed.org/news)

Read more

England minorities: Higher COVID-19 cases, fewer vaccinated

[abcnews.go.com](http://abcnews.go.com)

Read more

The impact of COVID-19 on LGBTQ communities: A research roundup

[journalistsresource.org](http://journalistsresource.org)

Read more

The following recording may be of interest to you:

[Health disparities stem from racism in medicine and society: Color of Health panel discusses inequities in health care](#)

**SAVE THE DATE**  
 2021 Minority Fellowship Program  
 Virtual Intensive Winter Institute  
**March 18-20, 2021**  
 Theme: **Leadership, Behavioral Health Policy and Professional Development.**  
 Registration is Open!  
 Look for an email invite from [anamfp@mcievents.com](mailto:anamfp@mcievents.com) and register TODAY to reserve your virtual seat.  
 Questions? Email [janet.jackson@ana.org](mailto:janet.jackson@ana.org)

**2021 Virtual IWI Confirmed Speakers**

**2021 MFP Intensive Winter Institute March 18-20, 2021**

**CONFIRMED SPEAKERS**

- Ernest Grant, PhD, RN, FAAN**  
ANA President
- Dean Antonia M. Villarruel, PhD, RN, FAAN**  
Professor and Margaret Bond Simon Dean of Nursing, Senior Fellow, Leonard Davis Institute of Health Economics, University of Pennsylvania School of Nursing
- Loretta Jenmott, PhD, RN, FAAN**  
Vice President and Professor, Health and Health Equity, Drexel University
- Geraldine S. Pearson, PhD, APRN, FAAN**  
Editor-in-Chief, Journal of the American Psychiatric Nurses Association (JAPNA)
- Adrianna Nava, PhD, RN, MPH, MSN**  
Chief Nurse of Quality Systems Improvement, Edward Hines, Jr VA Medical Center, President, National Association of Hispanic Nurses
- Barbara J. Hatcher, PhD, RN, MPH, FAAN**  
President and CEO of the Hatcher-DuBois Outlick Group, LLC
- Jianghong Liu, PhD, RN, FAAN**  
Professor of Nursing, Marjorie O. Rendell Endowed Professor in Healthy Transitions, Faculty Director of Global Health, University of Pennsylvania School of Nursing
- John R. Lowe, PhD, RN, FAAN**  
Joseph Blades Centennial Memorial Professor in Nursing, University of Texas at Austin School of Nursing
- Teresa Combs, PhD, APRN-BC**  
Founder, Living and Growing, LLC
- Rick Clifton, PhD**  
Retired US Army Combat Arms Officer, Former Senior Advisor to the Minister of Defense of the Republic of Georgia, Professor of Psychology, Georgia National Defense Academy
- Audrey Strook, DNP, AGPCNP-BC, PMHNP-BC**  
Owner, Strook Medical Group, LLC
- LaKetra Josey, PhD, PMHNP-BC**  
Co-Founder and Owner, YOU Center, LLC

**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!



**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.

**APPLY NOW AT [APPLY.EMFP.ORG](http://APPLY.EMFP.ORG)**

# IMFP CALL FOR APPLICATIONS

APPLICATIONS NOW OPEN for the 2021-2022 Academic Year! **Due April 15, 2021.**

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.

Visit [www.apa.org/pi/mfp/psychology/imfp](http://www.apa.org/pi/mfp/psychology/imfp) to learn more and to apply.

**Applicants must:**

- Be U.S. citizens, permanent residents, or noncitizen nationals.
- Have a strong commitment to a career in racial/ethnic minority behavioral health services.
- Complete a community project during each year of funding.
- Sign a letter of commitment attesting that they will work for a period of two years in a capacity that addresses the behavioral health needs of racial and ethnic minority populations

**Applicants may apply for more than one MFP fellowship. If accepted to more than one the applicant must choose one fellowship.**

## 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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