

## Health and Wellness Activity COVID-19 Resources

February 5, 2021

"Nurses dispense comfort, compassion, and caring without even a prescription."

- Val Saintsbury



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

### 5- Minute Meditation Music



### Mid-day Energy Boost

Drink more water friend, h2O is your bff!

Switch up the tempo by vibing out to some tunes

Take a screen time break & rest your eyes for 5-10 mins

Go back to the "old days", and actually talk to a friend vs. texting

Meditate and be present by embracing the power of now

Include an energy boosting superfood to your lunch; goji berries, cacao, chia seeds, etc.

@ blackandwell

Stretch your body and get moving around (yes, twerk'n counts!)

### This week's suggested articles:

Suggested meditation reading:

#### Self-Determination- Using Your Power

DailyOm.com

Read more

#### Lost touch: how a year without hugs affects our mental health

amp-the guardian.com

Read more

#### COVID's mental-health toll: how scientists are tracking a surge in depression

nature.com

Read more

#### Which Covid Vaccine Should You Get? Experts Cite the Effect Against Severe Disease

Nytimes.com

Read more

### Health Disparities:

#### What's behind racial disparities in kidney disease?

health.harvard.edu

Read more

## Gene mutations may explain the poorer outcomes in Hispanic and Latino children with leukemia

news-medical.net

[Read more](#)

## Fairfax, Montgomery say data shows inequities in distribution of coronavirus vaccine

washingtonpost.com

[Read more](#)

## Misinformation and lies 'very effective' in making minorities fear COVID-19 vaccine, some healthcare leaders fear

abcactionnews.com

[Read more](#)

### SAVE-THE-DATE:

2021 MFP Virtual Intensive Winter Institute, March 18-20.

Theme is Leadership, Behavioral Health Policy and Professional Development.  
**Registration Opening Soon**

### 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](#)

### 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 healthservices.
- 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 acapacity that addresses the behavioral health needs of racial and ethnic minoritypopulations

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.**

NATIONAL

**SUICIDE  
PREVENTION  
LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://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](http://emfp.org/news/e-newsletters).

Did you enjoy today's e-Newsletter?

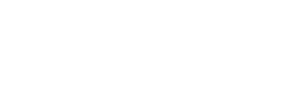
- Yes  
 No

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

- Likely  
 Not likely

**Submit**

**Stay connected! Follow us on social media.**



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