

Health and Wellness Activity COVID-19 Resources

January 8, 2021

"Health isn't just about what you eat. It's about what you are thinking and feeling too."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

5 Minute Office Stretch



Suggested meditation reading:

Grounding Ourselves

By Madisyn Taylor

[Read more](#)

This week's suggested articles:

How to Regain Focus After Taking Time Off From Work

[Read more](#)

'Trusted Messengers, Trusted Messages': How To Overcome Vaccine Hesitancy

[Read more](#)

Health Disparities:

Pregnant or postpartum Black women are 45% more likely to die in the hospital and are at higher risk for heart problems

[Read more](#)

New Study Uncovers Racial Inequities Among People with Type 1 Diabetes, COVID-19

[Read more](#)

Mental Well-Being Worse for Men From Ethnic Minorities During Pandemic

[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.

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.

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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