

Health and Wellness Activity COVID-19 Resources

June 19, 2020



This week's recommended Health and Wellness Activity:

5-Minute Guided Meditation for Peace



The following articles may be of interest to you.

20 ways to have a fun summer even if you're sticking close to home

- Compete in the backyard Olympics
- Create your own fairy garden
- Start Stargazing
- Create your own water park

[Read more](#)

Partnering with Parents of Special Needs Families During the COVID-19 Pandemic

[Read more](#)

Upcoming webinar:

Genomic Response to the Social Environment: Implications for Health Outcomes

[Read more](#)

COVID-19 Ethnic Disparities:

Financial and health impacts of COVID- 19 vary widely by race and ethnicity

[Read more](#)

LGBTQ data added to the state's COVID-19 testing

[Read more](#)

The COVID-19 Pandemic Shows Why We Must—And How We Can—End Racial Injustice in Health

[Read more](#)

Navajo nation reinstates lockdown as Covid-19 cases surge near reservation

[Read more](#)

Readings in light of recent events:



I CANNOT REST

By: Nia Adimu-Ceja Josiah, BA

[Read more](#)

Who's Caring for Black Nurses? We Challenge Our Colleagues to be Allies

By: MFP Alumnas Drs. Patty Wilson, Shaquita Starks and Freida H. Outlaw.

[Read more](#)



A new employment opportunity has been posted.

Visit [Emfp.org/news/employment-opportunities](https://emfp.org/news/employment-opportunities) for more information.

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.

What do you think of today's e-newsletter? We'd love to hear your thoughts, questions, and feedback: mfp@ana.org.

Enjoying this e-newsletter? Forward to a colleague! They can [sign up here](#).

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