

Health and Wellness Activity
COVID-19 Resources

June 26, 2020

"Know yourself to improve yourself."

This week's recommended Health and Wellness Activity:

Be Strong: Rainbow Power



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- *Needing Time For Yourself*
 - *Asking For Your Needs To Be Met*
 - *Making Choices That Protect You And Keep You Safe*
 - *Reaching Out For Help And Support*
 - *Feeling Your Emotions*
 - *Saying 'No' When You Need To*
 - *Not Being Productive*
 - *Removing Someone From Your Life*
 - *Not being perfect*
 - *Setting Boundaries And Stickin To Them*
 - *Declining A Call From A Friend When You Need Quiet Time*
 - *Standing Up For Yourself*
 - *Not Accepting A Friend Request*



The following articles may be of interest to you:

How to host a get-together as safely —
and graciously — as possible

[Read more](#)

How To Protect Your Mental Health Even
While Watching The News

[Read more](#)

How do parents navigate the pandemic
when one is more lax about social
distancing?

[Read more](#)

U.S. hits highest single day of new
coronavirus cases with more than 45,500,
breaking April record

[Read more](#)

COVID-19 Ethnic Disparities:

COVID-19 Adds a New Snag to the 2020 Census Count of Native Americans

[Read more](#)

Essential Workers and COVID-19

[Read more](#)

'I Will Not Stand Silent.' 10 Asian Americans Reflect on Racism During the Pandemic and the Need for Equality

[Read more](#)

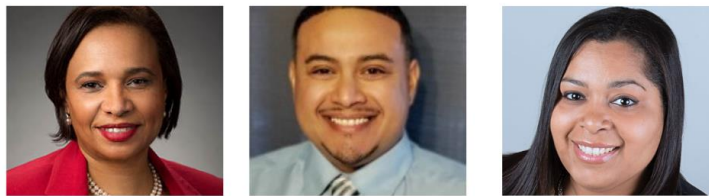
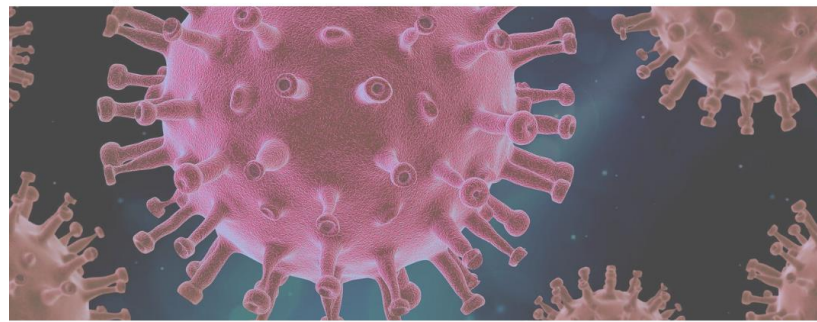
Black Medicare Patients With COVID-19 Nearly 4 Times As Likely To End Up In Hospital

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States engaged in 'gross negligence' in Covid-19 response in jails and prisons, new report finds

[Read more](#)

MFP/ANA Scholars Share Their COVID-19 Stories



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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.

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

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