This week's recommended Health and Wellness Activity:

A JAPANESE METHOD TO RELAX IN 5 MINUTES

The Science of Helping Out.

"During a crisis, the people who cope best are those who help others."

At a time when we are all experiencing an extraordinary level of stress, science offers a simple and effective way to bolster our own emotional health. To help yourself, start by helping others. Much of the scientific research on resilience — which is our ability to bounce back from adversity — has shown that having a sense of purpose, and giving support to others, has a significant impact on our well-being.

Click the link provided below to access the full article.

https://thriveglobal.com/stories

Zoom Exhaustion is Real!
Six Ways to Find Balance and Stay Connected.
How to Avoid Passing Anxiety on to Your Kids

1 Learn stress management techniques.
As you learn to tolerate stress, you will in turn be teaching your child—who takes cues from your behavior—how to cope with situations of uncertainty or doubt.

2 Model stress tolerance.
Try to maintain a calm, neutral demeanour in front of your child, even as you are working on managing your anxiety.

3 Explain your anxiety
While you don’t want your child to witness every anxious moment you experience, you do not have to constantly suppress your emotions. It’s okay—and even healthy—for children to see their parents cope with stress every now and then, but you want to explain why you reacted in the way that you did.

Tips For All The New Homeschooling Parents.

- Set up a schedule for each child every morning.
- The schedule should include breaks for physical exercise. Exercise helps focus the mind.
- Don’t focus on time with the schedule, but focus on getting things accomplished.
- Make sure they get plenty of sleep. In order to do this, focus on the wake-up time and not the bedtime. Make sure they are waking up at the same time every day. Then the bedtime will follow as they will get tired at night. No napping is allowed!

The Impact of COVID-19 on Gender Minorities

Although every American is experiencing COVID-19 together, gender minorities are facing this new situation while still being forced to consider the realities of being a gender minority in America. Who counts as a gender minority? Anyone whose gender identity is not exactly aligned to the gender they were assigned at birth.
Why racial data on coronavirus testing and deaths is needed...

SUBMIT YOUR APPLICATION FOR THE MINORITY FELLOWSHIP PROGRAM COHORT 2020-2021 BY MAY 30, 2020

CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.
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