Health and Wellness Activity
COVID-19 Resources

August 21, 2020

“Choose to be optimistic, it feels better.”
– Dalai Lama

This week’s recommended Health and Wellness Activity:

Miracle Morning Meditation

The following articles may be of interest to you:
Too many senior white academics still resist recognizing racism
Is Herd Immunity Ahead of Schedule?
How Forming A Simple Smile Tricks Your Mind Into A Positive Mood
If Your Partner Isn’t Getting Enough Sleep, Here’s How You Can Help

COVID-19 Racial/Ethnic Disparities:

Systemic Racism Is a Public Health Crisis
Info-graphics
High BMI linked to COVID-19 severity in African Americans
Ute Mountain Ute Tribe forging a path forward for education in Southwest Colorado
Center for Latin American and Caribbean Studies Launches Indigenous and Diasporic Language COVID-19 PSA Series

The following conference may be of interest to you:

Save the Date!

NATIONAL BLACK NURSES ASSOCIATION, INC.

48th Annual
CONFERENCE
Goes VIRTUAL!

Thursday - Saturday
SEPT 24-26, 2020
#NBAGoesVirtual2020

CALL FOR APPLICATIONS
INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

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.

Deadline to apply is September 27, 2020
Click here to learn more and to apply.