Health and Wellness Activity
COVID-19 Resources
August 28, 2020

This week’s recommended Health and Wellness Activity:
Nature Sounds for Stress Relief

Suggested meditation read:
Your Fear is Sacred
by Ethan Nichtern

The following articles may be of interest to you:

3 Tips to Overcome Imposter Syndrome as a Graduate Student

How to provide telehealth to older adults

There Is Nothing Fragile About Racism

Preparing Your Mind for Uncertain Times

COVID-19 Racial/Ethnic Disparities:

Count Native Hawaiian And Pacific Islanders In COVID-19 Data—it’s An OMB Mandate
Large U.S. covid-19 vaccine trials are halfway enrolled, but lag on participant diversity

Researchers explore how COVID-19 affects heart health in Black women

The following event may be of interest to you:

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The Substance and Mental Health Services Administration (SAMHSA’s) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities, and states across the country. The website is updated daily.

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