This week’s recommended Health and Wellness Activity:

5 Minute Guided Meditation For Stress Relief & Relaxation

The following articles may be of interest to you:

Zoom Fatigue: Ideas To Innovate And Shift Virtual Presentations
- Featuring Big Names
- Adding Diversity
- Using A Moderator
- Involving The Audience
- Raffles
- Hosting A Virtual Event Party

9 Ways to Tackle Stress and Calm a Racing Mind Right Now

A Statement of Care in Crisis: College Admission Leaders Speak Out

CDC says U.S. has ‘way too much virus’ to control pandemic as cases surge across country
COVID-19 Ethnic Disparities:

Black Doctors COVID-19 Consortium wins city funding for testing after a reversal

‘We don’t have a health system’: Expert on prisons, race, and COVID-19

‘It’s a retraumatizing kind of experience:’ How COVID-19 is affecting refugee communities in Multnomah County

Resources related to race and social injustice

Systemic racism can leave black people suffering from symptoms similar to PTSD

Integrative Medicine for the Underserved (IM4US) recently released the following Solidarity Statement:

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