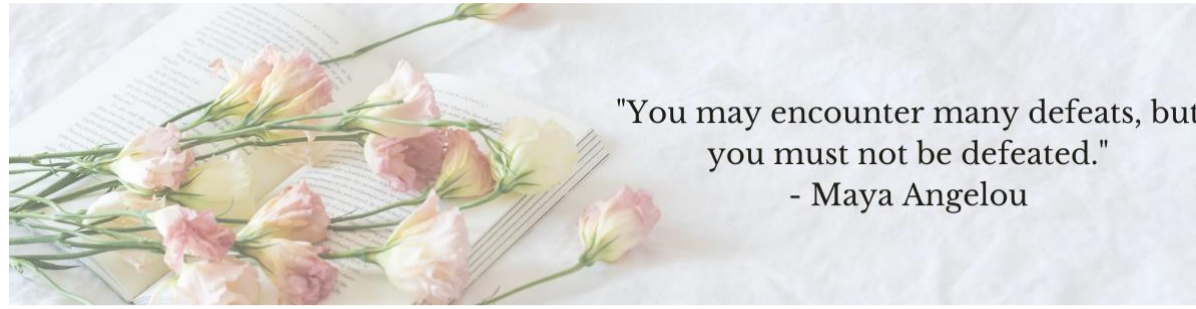


Health and Wellness Activity
COVID-19 Resources

July 31, 2020



This week's recommended Health and Wellness Activity:

Mindfulness Guided Meditation - 5 Minutes

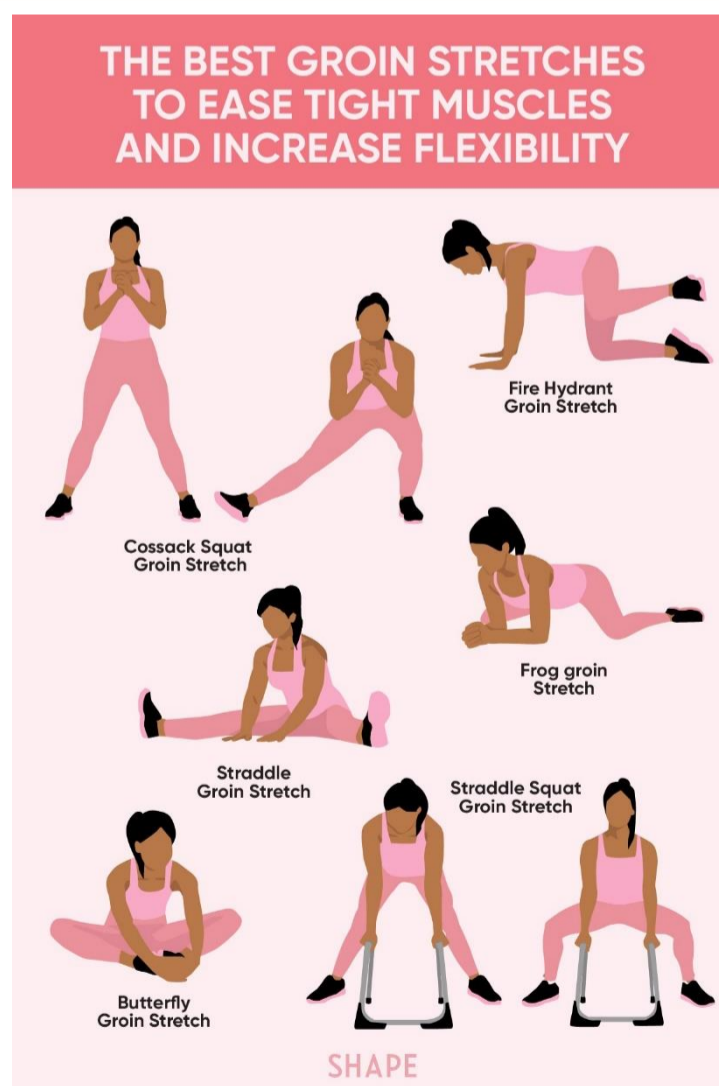


Suggested meditation read:

When a Bad Apple Spoils the Bunch

BY MADISYN TAYLOR

[Read more](#)



The following articles may be of interest to you:

What to Do When Your Work Ethic Is Affecting Your Family

[Read more](#)

The Dangers Of Being A “Careaholic”

[Read more](#)

Here's How Working Out Can Make You More Resilient to Stress

[Read more](#)

COVID-19 Racial/Ethnic Disparities:

Reduce the risks of reopening for Black and Latino workers

[Read more](#)

Native Americans Feel Devastated by the Virus Yet Overlooked in the Data

[Read more](#)

A Data-Driven Approach to Addressing Racial Disparities in Health Care Outcomes

[Read more](#)

Should Black and Latino people get priority access to a COVID-19 vaccine?

[Read more](#)

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

Submit

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