This week's recommended Health and Wellness Activity: 5-Minute Meditation

The following articles may be of interest to you.

Here's How One Can Improve Mental Health Sitting at Home

20 Ways To Digitally Connect With Kids During The Covid-19 Pandemic

Second U.S. Virus Wave Emerges as Cases Top 2 Million

COVID-19 Ethnic Disparities:

Racism, Not Genetics, Explains Why Black Americans Are Dying of COVID-19

Meharry Proposes Consortium of HBCU Med Schools to Tackle COVID-19's Uneven Toll – Higher Education

COVID-19's assault on Black and Brown communities
This week’s suggested LGBTQ+ Resources:

**Pride Month: Celebrate the LGBTQ community at these online events**

**Research Brief on the Vulnerabilities of the LGBTQ Community During the COVID-19 Crisis**

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**STOP COVID-19 XENOPHOBIA**

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

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What do you think of today’s e-newsletter? We’d love to hear your thoughts, questions, and feedback: mfp@ana.org.

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