This week’s recommended Health and Wellness Activity:

**KINDNESS**

**How to Hold Space**

**PRACTICE ACTIVE LISTENING**
Put everything aside and give the person your full attention.

**DON’T COMPARE**
Do your best to remain curious about their experience & only share yours when asked.

**ASK WHAT YOU CAN DO**
Remind them you’re there to walk alongside them if needed.

**LISTEN WITHOUT JUDGEMENT**
Set aside your own feelings for the moment and ask yourself how you can make this person feel heard.

The following articles may be of interest to you.

**The World Is Still Far From Herd Immunity for Coronavirus**

**When Can I See My Grandkids?**
COVID-19 Ethnic Disparities

COVID-19: The mental health impact on people of color and minority groups

The Ways and Means Committee Hearing on the Disproportionate Impact of COVID-19 on Communities of Color

Other Resources in Light of Recent Disheartening Events

Your Black Colleagues May Look Like They’re Okay — Chances Are They’re Not

Five points of discussion for conversations about racial injustice

Suggested read: Disparities in the Academy: Accounting for the Elephant

Co-Editor is MFP Alumna Dr. Phyllis W. Sharps

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) is proud to announce a new guide that provides comprehensive guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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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