This week's recommended Health and Wellness Activity:

10-Minute Meditation for Anxiety

The following articles may be of interest to you:

Why Does Zoom Exhaust You?
Science Has an Answer.

Children’s story book released to help children and young people cope with COVID-19
World Health Organization

Planning the Perfect Staycation

- Designate the time
  Similar to how you would allot time for traveling, block off a weekend, long weekend or even a week for your staycation. Request time off from work if you’re working from home. Inform family members and friends, just as you would if you were traveling to a different locale.

- Do your chores ahead of time
  Set up automatic payments for bills and take care of any other responsibilities that you would normally attend to before vacation. This way you can solely focus on the staycation even through you’re at home.

- Create an itinerary
  Decide how you would like to spend your time. Maybe there is a local park you’ve wanted to explore, a movie you’ve been excited to see, or catch up on books you haven’t read. Whatever you choose, make sure it is fun, makes you happy, and is something outside of your day-to-day routine.

COVID-19 Racial/Ethnic Disparities:

‘A no-win situation’ — Expert weighs in on COVID-19 racial disparities

Coronavirus and Latino Health Equity
MFP alum Dr. Cheedy Jaja discusses the psychological impact nurses are likely to experience from participating in COVID-19

"Helpers to Heroes"
MFP alumna Daisy Lara discusses being on the frontlines during COVID-19

Other Resources in Light of Recent Disheartening Events

The National Council of Asian Pacific Americans (NCAPA) Statement in Solidarity with the Black Community

George Floyd video adds to trauma: ‘When is the last time you saw a white person killed online?’
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