This week’s recommended Health and Wellness Activity:

5-Minute Breathing Space

The following articles may be of interest to you:

5 Ways a Top Psychiatrist Eases Her Own Stress and Anxiety

How to Prioritize When Feeling Overwhelmed

Pandemic-era burnout: Nurses in the trenches say technology hurts and helps

NURSES RALLY TO RESTORE PSYCHIATRIC SERVICES AT BROOKLYN METHODIST HOSPITAL

1 in 5 coronavirus patients develop mental illness within 90 days

Health Disparities:
CALL FOR APPLICATIONS!

The following A Different Kind of Leader interview featuring MFP/ANA Alum Dr. John Lowe, RN, PhD, FAAN, may be of interest:

http://www.buzzsprout.com/80879/641

The Provost Early Career Cohort Fellowship Program (PECCFP) is currently accepting applications. Use the link provided directly below for more information and to apply.

http://app.econnect.utexas.edu/e/es.aspx?

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