This week's recommended Health and Wellness Activity:

5-Minute Stretch

The following articles may be of interest to you:

6 Ways to Incorporate Active Rest Into Your Life
If You Want to Get Better at Something, Ask For Advice Instead of Feedback
Thanksgiving and COVID-19
Telehealth can save You Money

Health Disparities:
The following webinar may be of interest to you:

**November 11, 2020**

**Best Practices for Applying to the J&J Nurses Innovate QuickFire Challenge on Mental Health**

11:00AM-12:15PM EST
8:00AM PDT
5:00PM CEST

The following video may be of interest to you:

Building a Culture of Health and Health Equity through Native American Nurses

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**CALL FOR APPLICATIONS!**

Are you a psychiatric nurse passionate about the prevention & treatment of mental illness & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you answered yes to these questions, apply to [verify.org](http://verify.org) to learn more about our graduate work grants.

**Deadline to apply is April 30, 2021**

**Eligibility Requirements:**

- Applicants must be an American citizen or permanent resident.
- Member of an ethnic or social minority group.
- Bachelor of Science in Nursing in Behavorial Health or Substance Abuse.
- Must have completed at least nine (9) credits at a fully accredited institution.
- Must have a bachelor's degree in behavioral health (psychiatric mental health/substance use) program in nursing.
- Must be enrolled as a full-time doctoral student in a fully accredited nursing program.
- Must have an active RN New York State License.
- Must have at least one (1) year of full-time experience in substance abuse or psychiatric/mental health roles.
- Must indicate your commitment to a career in substance abuse or psychiatric/mental health roles in writing.
- Must submit a transcript that demonstrates your commitment to a career in substance abuse or psychiatric/mental health roles.

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New employment opportunity:
The Coldiron Senior Nurse Executive Fellowship is currently accepting applications. Use the link provided directly below for more information and to apply.

case.edu/nursing/programs/shaughnessy-

Share your COVID-19 story! Visit bit.ly/3k7yTAz for more information.

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

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.

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.

Stay connected! Follow us on social media.