This week's recommended Health and Wellness Activity:

5-min Clearing Morning Guided Meditation

Suggested meditation read:

**Birds Fly in a V**  
by Madisyn Taylor

The following articles may be of interest to you:

- **6 Yoga Stretches to Help With That Awful Neck Pain**
- **How to Cope With the “Start-Of-Workday” Blues**
- **LGBTQ youth say cost, parental permission pose major barriers to mental health care**
COVID-19 Racial/Ethnic Disparities:

Conversations on COVID-19: Impacts on Communities of Color

Are There Health Disparities in COVID-19 Telehealth Access, Use?

The recent rise in Asian American hate crimes could have impacts beyond the pandemic

The following film may be of interest to you:
The following challenge may be of interest to you:

The Interdisciplinary Minority Fellowship Program (MFP) is funded by a new grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This fellowship program is designed for master's and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or cooccurring mental and substance use disorder.

**Call for Applications**
**Interdisciplinary Minority Fellowship Program**

**Deadline to apply is September 27, 2023**
**Click here to learn more and to apply.**

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**SAMHSA.gov**

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.

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