Health and Wellness Activity
COVID-19 Resources
December 11, 2020

This week’s recommended Health and Wellness Activity:

5-Minute Breathing Exercise

The following articles may be of interest to you:

4 ways to stay fit and stress less during the holidays
How I started a journal for postdoctoral researchers
National Black Nurses Association Launch Two Ground Breaking RETHINK And RE:SET Initiatives
Covid live updates and vaccine news Pfizer vaccine continues to roll out in U.K.

Health Disparities:

Chinatown Businesses Face a Particularly Brutal Winter
Bank of America Joins CVS Health to Fund and Deliver Free Flu Vaccine Vouchers
CALL FOR APPLICATIONS!

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/e

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

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) 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 samhsa.gov/news/e-newsletters.