This week’s recommended Health and Wellness Activity:

5-Minute Meditation

This week’s suggested articles:

5 Virtual Holiday Party Ideas to Try This Year

Holiday Blues: Tips for coping with anxiety and depression during the holiday season

Millions of Christmas presents may arrive late because of Postal Service delays

Here Are the CDC Guidelines for Allergic Reactions to COVID-19 Vaccines

Health Disparities:

Scientist Kizzmekia Corbett shares inspiring message after helping design COVID-19 vaccine: ‘Lives are about to be saved’
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/es.aspx?

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

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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.

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