

Health and Wellness Activity COVID-19 Resources

December 4, 2020

"SMILE, BREATH, AND GO SLOWLY."

This week's recommended Health and Wellness Activity:

Mindful Breathing




Common Signs Your Brain And Body Are Under Stress

Physical

- Your muscles feel tense
- You often feel exhausted
- You are experiencing disturbed sleep patterns
- You have chronic headaches
- You often have an upset stomach
- You have noticed a change in your appetite (overeating or not eating enough)
- You have a weakened immune system

Psychological

- You are easily agitated or irritated
- You are procrastinating
- You are constantly worrying
- You are unable to concentrate
- You feel like you have lost control of your life
- You are withdrawing from others
- You are often experiencing low self-esteem, worthlessness, or feelings of sadness
- You are forgetting things and feel disorganized

Nawal Mustafa; M.A.  thebraincoach

The following articles may be of interest to you:

Measuring Your Happiness Can Help Improve It

[Read more](#)

How to talk to loved ones when you're worried about their mental health

[Read more](#)

New Survey of 13K U.S. Nurses: Findings Indicate Urgent Need to Educate Nurses about COVID-19 Vaccines

[Read more](#)

Vaccination cards will be issued to everyone getting Covid-19 vaccine, health officials say

[Read more](#)

Health Disparities:

'Why won't Black folks trust us' on COVID-19? These doctors and nurses have answers

[Read more](#)

Prisons Are Covid-19 Hotbeds. When Should Inmates Get the Vaccine?

[Read more](#)

Racial Health Disparities Worsened Over 20-Year Period

[Read more](#)

Choctaw tribal member named top psychiatric nurse in Oklahoma

[Read more](#)

CALL FOR APPLICATIONS!



Are you a psychiatric nurse pursuing a career that focuses on the prevention & treatment of mental illnesses & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you answered yes to these questions, visit <http://emfp.org> to learn more and to apply!

Deadline to apply is April 30, 2021



Eligibility Requirements

- Applicants must be an American citizen or permanent resident.
- Member of an ethnic or racial minority group.
- Doctoral applicants must have a Master's Degree or completed at least nine (9) credits related to Psychiatric/Mental Health or Substance Abuse.
- Master's level curriculum and plan of study must embody behavioral health disorders prevention, treatment, and recovery that are under girded with theoretical and clinical science.
- Masters applicants must be enrolled full-time in an accredited degree behavioral health (psychiatric mental health/substance use) program in nursing.
- Doctoral applicants must be enrolled as a full-time doctoral student in a fully accredited nursing program.
- Applicants must have an active Registered Nurse License.
- The documents included in your application (CV, recommendations, essay, etc.) should demonstrate your commitment to a career in substance abuse or psychiatric/mental health issues affecting minority populations.
- Fellows are required to commit to a minimum of 2 years' service in mental health and/or substance use after graduation.

IMFP CALL FOR MENTORS

MENTOR RECRUITMENT DATES: NOVEMBER 5-DECEMBER 21, 2020

The American Psychological Association's Minority Fellowship Program is seeking mentors for its new **Interdisciplinary Minority Fellowship Program (IMFP)**.



The IMFP supports 55 doctoral and master's Fellows each year and requires the expertise and support of leaders in each represented discipline. This expertise is provided by mentors- professionals who are well recognized in the field of behavioral health. Therefore, **mentors must have received their degree at least 5 years in the past**. The estimated mentor time commitment is **1 hour per month for each fellow and the term of service is up to two years, beginning January 2021**.

****Nominations and supporting materials should be submitted no later than December 21, 2020 at <http://mfp.IMFP-Mentor-Nominations.alchemer.com/s3/>. Nominees will be notified of their status in December.**

For more information on the APA Minority Fellowship Program, please visit apa.org/pi/mfp/



The **American Academy of Nursing Jonas Policy Scholars Program** is currently accepting applications. Use the link provided directly below for more information and to apply.

<https://www.aannet.org/resources/scholars/academy-jonas-policy-scholars>

Suggested Upcoming NIH Webinar: "**All Health Is Not Created Equal: Where You Live Matters.**"

<https://www.nccih.nih.gov/news/events/all-health-is-not-created-equal-where-you-live-matters>

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 emfp.org/news/e-newsletters.

Did you enjoy today's e-Newsletter?

- Yes
 No

How likely are you to share one or more of the resources provided with a colleague?

- Likely
 Not likely

Submit

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