This week's recommended Health and Wellness Activity:

Mindful Breathing

Common Signs Your Brain And Body Are Under Stress

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Your muscles feel tense</td>
<td>• You are easily agitated or irritated</td>
</tr>
<tr>
<td>• You often feel exhausted</td>
<td>• You are procrastinating</td>
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<tr>
<td>• You are experiencing disturbed sleep patterns</td>
<td>• You are constantly worrying</td>
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<tr>
<td>• You have chronic headaches</td>
<td>• You are unable to concentrate</td>
</tr>
<tr>
<td>• You often have an upset stomach</td>
<td>• You feel like you have lost control of your life</td>
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<tr>
<td>• You have noticed a change in your appetite (overeating or not eating enough)</td>
<td>• You are withdrawing from others</td>
</tr>
<tr>
<td>• You have a weakened immune system</td>
<td>• You are often experiencing low self-esteem, worthlessness, or feelings of sadness</td>
</tr>
<tr>
<td></td>
<td>• You are forgetting things and feel disorganized</td>
</tr>
</tbody>
</table>

Nasim Muradie, M.A., M.Ed., The Brain Coach

The following articles may be of interest to you:

Measuring Your Happiness Can Help Improve It

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

New Survey of 15K U.S. Nurses: Findings Indicate Urgent Need to Educate Nurses about COVID-19 Vaccines

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

Health Disparities:

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

Prisons Are Covid-19 Hotbeds. When Should Inmates Get the Vaccine?
**CALL FOR APPLICATIONS!**

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](https://www.aannet.org/resources/scholars/academy-jonas-policy-scholars)


**STOP COVID 19 XENOPHOBIA**

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

[SAMHSA.GOV](https://www.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.


Did you enjoy today's e-newsletter?

- [ ] Yes
- [x] 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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