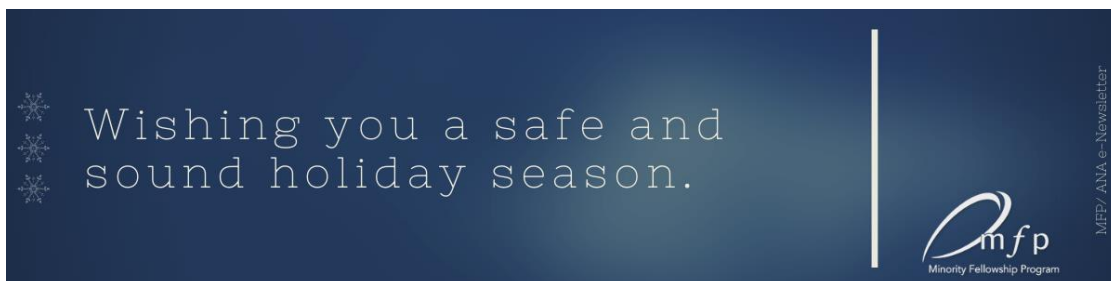


Health and Wellness Activity  
COVID-19 Resources

January 1, 2021



This week's recommended Health and Wellness Activity:

**5-minute Positive Mind Meditation**



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**stop apologizing, start thanking**



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**This week's suggested articles:**

**Dreading or dreaming of a return to the office in 2021**  
[Read more](#)

**Quarantine Fatigue Is Real – Here's How to Deal With It**  
[Read more](#)

**The mental health toll of being a 'model minority' in 2020**  
[Read more](#)

**Tracking the coronavirus vaccine, state by state**  
[Read more](#)

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**Health Disparities:**

**Social Inequities Explain Racial Gaps in Pandemic, Studies Find**  
[Read more](#)

**Latinos are especially reluctant to get flu shots – how a small clinic in Indiana found ways to overcome that**  
[Read more](#)

## TikTok Gives \$10 Million To Ten Colleges To Increase Minority Health Care Workers

[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!

The following book may be of interest to you: "**Native Women Changing Their Worlds** (Native Trailblazers, 9)"

<https://www.amazon.com/Native-Women-Changing-Worlds-Trailblazers>

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.

### 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](http://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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