This week’s recommended Health and Wellness Activity:

5-minute Positive Mind Meditation

This week’s suggested articles:

Dreading or dreaming of a return to the office in 2021
Quarantine Fatigue Is Real – Here’s How to Deal With It
The mental health toll of being a ‘model minority’ in 2020
Tracking the coronavirus vaccine, state by state

Health Disparities:

Social Inequities Explain Racial Gaps in Pandemic, Studies Find
Latinos are especially reluctant to get flu shots – how a small clinic in Indiana found ways to overcome that
CALL FOR APPLICATIONS!

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

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

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-NNewsletter archives at emfp.org/news/e-newsletters.

Stay connected! Follow us on social media.