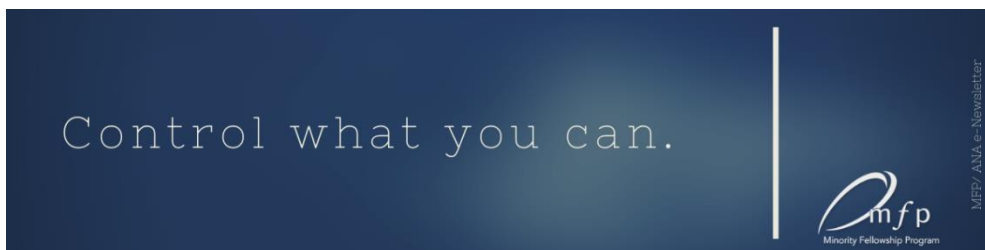


# Health and Wellness Activity COVID-19 Resources

January 15, 2021



This week's recommended Health and Wellness Activity:

## 5-Minute Breathing Exercise



### 21 TIPS FOR A POSITIVE NEW YEAR

2021

<b>1 STAY POSITIVE</b> You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.	<b>11 REMEMBER YOUR WHY</b> Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
<b>2 TAKE A DAILY "THANK YOU WALK"</b> You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.	<b>12 LOVE THE PROCESS</b> Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.
<b>3 EAT HEALTHIER FOODS</b> that grow on trees and plants and less foods manufactured in plants.	<b>13 HAVE TRUST</b> Trust that everything happens for a reason and expect good things to come out of challenging experiences.
<b>4 TALK TO YOURSELF</b> Instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.	<b>14 NO COMPLAINING RULE</b> Implement the No Complaining Rule. If you're complaining you're not leading.
<b>5 NO ENERGY VAMPIRES ALLOWED</b> Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."	<b>15 READ MORE</b> Read more books than you did in 2020. I happen to know of a few good ones. :)
<b>6 BE A POSITIVE TEAM MEMBER</b> Being positive doesn't just make you better, it makes everyone around you better.	<b>16 DON'T SEEK HAPPINESS</b> Instead live with love, passion and purpose and happiness will find you.
<b>7 DON'T CHASE SUCCESS</b> Decide to make a difference and success will find you.	<b>17 FOCUS ON "GET TO"</b> Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
<b>8 GET MORE SLEEP</b> You can't replace sleep with a double latte.	<b>18 GET BACK UP</b> The next time you "fall" remember that it's not meant to define you. It's meant to refine you.
<b>9 DON'T WASTE YOUR ENERGY</b> Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.	<b>19 SMILE &amp; LAUGH MORE</b> They are natural anti-depressants.
<b>10 LOVE, SERVE AND CARE</b> You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.	<b>20 BOOST YOUR IMMUNE SYSTEM</b> and health-Eat wild salmon, turmeric, blueberries. Take vitamin C, D and Zinc.
	<b>21 ENJOY THE RIDE</b> You only have one ride through life so make the most of it and enjoy it!

Download these tips at [jongordon.com/21tips](http://jongordon.com/21tips)

This week's suggested articles:

## 10 Ways to Create an Environment That Helps You Reach Your Goals

[Read more](#)

## The Psychology of Social Media — Why We Feel the Need to Share

[Read more](#)

## Discrimination may increase risk of anxiety disorders regardless of genetics, study finds

[Read more](#)

## Researchers Discover New Variant of COVID-19 Virus in Columbus, Ohio

[Read more](#)

Health Disparities:

## Should Black People Get Race Adjustments In Kidney Medicine?

[Read more](#)

Latino, Black children are twice more likely to endure multiple Covid health, economic hardships

[Read more](#)

Some First Nations in the west receive vaccines

[Read more](#)

## CALL FOR APPLICATIONS!



Are you a psychiatric nurse pursuing a career that focuses 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!

**2021 NBNA 49th Annual Conference Call for Abstracts:**

<https://files.constantcontact.com/96631cd6201/df14a715-a5a9-4dd1-aaef-d38c3480ffa3.pdf>

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 undergirded 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, recommendation 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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