"If you take care of your mind you take care of the world."
- Arianna Huffington

This week’s recommended Health and Wellness Activity:

5-Minute Guided Meditation

This week’s suggested articles:

Stop Keeping Score
“The scorned approach to life also feeds right into a known human tendency that drives us away from happiness.”

Creative Ways to Fit Quick Bursts of Movement Into a Busy Day

Many psychiatry patients prefer online therapy

Health Disparities:

In Minority Communities, Doctors Are Changing Minds About Vaccination

Vaccine Disparities Raise Alarm as Covid Variants Multiply
CALL FOR APPLICATIONS!

Are you a psychiatric nurse practicing in a setting or specialty that focuses on the care of patients with mental disorders or substance use disorders, and seeking academic & financial support for your postgraduate degree? If you are interested in joining the ICN Congress 2021, apply by April 20, 2021.

Eligibility Requirements:
- Applicant must be an American citizen or permanent resident.
- Member of an ethnic or racial minority group.
- Applicant must be enrolled in a Master’s level mental health or substance abuse program.
- Applicant must have completed at least 15 credits/units in a Mental Health or Substance Abuse program.
- Applicant must have a minimum of 2 years’ experience in a mental health related field.
- Applicant must have completed at least 2 years’ experience in a mental health related field.

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