This week's recommended Health and Wellness Activity:

5 Minute Office Stretch

Suggested meditation reading

Grounding Ourselves
By Madelyn Taylor

This week's suggested articles:

How to Regain Focus After Taking Time Off From Work

"Trusted Messengers, Trusted Messages": How To Overcome Vaccine Hesitancy

Health Disparities:

Pregnant or postpartum Black women are 45% more likely to die in the hospital and are at higher risk for heart problems

New Study Uncovers Racial Inequities Among People with Type 1 Diabetes. COVID-19

Mental Well-Being Worse for Men From Ethnic Minorities During Pandemic

CALL FOR APPLICATIONS!
Missed an issue? Check out our e-Newsletter archives at 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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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.

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

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