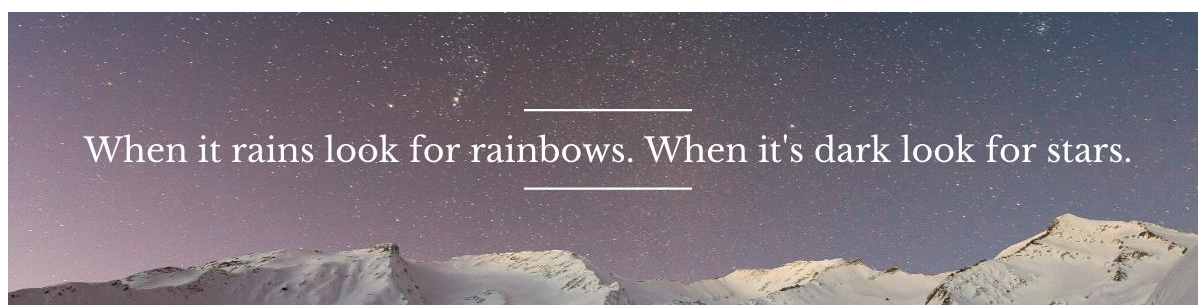


Health and Wellness Activity
COVID-19 Resources
July 10, 2020



This week's recommended Health and Wellness Activity:

5 Minutes Of Relaxing Flute & Nature Sounds Meditation



Progressive Muscle Relaxation

1. Wear loose, comfortable clothing. Sit in a favorite chair or lie down.
2. Begin with your facial muscles. Frown hard for 5-10 seconds and then relax all your muscles.
3. Work other facial muscles by scrunching your face up or knitting your eyebrows for 5-10 seconds then release. You should feel a noticeable difference between the tense and relaxed muscles.
4. Move on to your jaw. Then, move on to other muscle groups-shoulders, arms, chest and legs-until you have tensed and relaxed your whole body.

Covid-19 Mental Health Reminder

Get Dressed
Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

Do your Hair/Make-up
Even if you're not going anywhere, this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing their hair or make-up and you deserve that.

Be Creative
Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Eat New Healthy Recipes
If you can, try new recipes and eat a variety of food. This will give your day variety and keep your body feeling healthy.

Unplug...from the News
Everyone, everywhere is discussing the virus. Turn off anything related to the virus. Binge watch old TV shows, catch up on movies, read a book.

Get Some Fresh Air
Fresh air will help you not feel so cooped up or "stuck" in your home. Sit in the backyard, front porch or even standing near an open window will be beneficial.

Stay Connected...to Family & Friends
Even though we can't go visiting, make sure you stay connected. Video chatting and phone calls, in replacement of texting, lessen the feeling of isolation.

Reach Out
Mental Health is always important, but it is especially important during times like this. Reach out if you need to and remember to check in with your friends, family or neighbors.

We are in this TOGETHER

The following articles may be of interest to you:

Supporting your child's mental health as they return to school during COVID-19

[Read more](#)

50 fun activities for kids in lockdown:
different ways to entertain your
children at home - from gardening to
arts and crafts and DIY

[Read more](#)

Mental Health Help for
Nurses

[Read more](#)

Nurses lack representation in
media: recognize them for the
leaders that they are

[Read more](#)

COVID-19 shines spotlight on gender
inequity in academia

[Read more](#)

COVID-19 Ethnic Disparities:

A COVID-19 vaccine will work only if
trials include Black participants,
experts say

[Read more](#)

Why does coronavirus hit Hispanics
harder? Reasons might be found in
Wimauma.

biological factors likely are not a reason

[Read more](#)

New COVID-19 reports show
concerning patterns of inequity, rise
in cases among younger people

[Read more](#)

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.

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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