

Health and Wellness Activity
COVID-19 Resources

July 3, 2020



This week's recommended Health and Wellness Activity:

5 Minute Guided Meditation For Stress Relief & Relaxation



The following articles may be of interest to you:

Zoom Fatigue: Ideas To Innovate And Shift Virtual Presentations

- Featuring Big Names
- Adding Diversity
- Using A Moderator
- Involving The Audience
- Raffles
- Hosting A Virtual Event Party

[Read more](#)

9 Ways to Tackle Stress and Calm a Racing Mind Right Now

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A Statement of Care in Crisis: College Admission Leaders Speak Out

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CDC says U.S. has 'way too much virus' to control pandemic as cases surge across country

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COVID-19 Ethnic Disparities:

Black Doctors COVID-19 Consortium wins city funding for testing after a reversal

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'We don't have a health system:' Expert on prisons, race, and COVID-19

[Read more](#)

'It's a retraumatizing kind of experience:' How COVID-19 is affecting refugee communities in Multnomah County

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Resources related to race and social injustice

Systemic racism can leave black people suffering from symptoms similar to PTSD

[Read more](#)

Integrative Medicine for the Underserved (IM4US) recently released the following Solidarity Statement:



IM4US CALLS for JUSTICE and ACTION AGAINST SYSTEMIC RACISM AND POLICE VIOLENCE

Integrative Medicine for the Underserved mourns for the lives of Ahmaud Arbery, Rayshard Brooks, George Floyd, Tony McDade, Breonna Taylor, and thousands of others whose lives, dreams and pursuits to fill their purpose have been robbed. Breonna Taylor was an EMT, aspiring to be a nurse, and we as a healthcare community have lost her. As integrative practitioners and advocates, we stand in solidarity to peacefully confront systemic racism and police violence. We affirm the rights of Black children and adults to live without fear of violence in their homes or in public spaces. We recognize that these killings, and police brutality in general, are part of the intersectional and systemic oppression of Black (and other communities of color) that stems from the genocide of Native Americans, the inception of slavery, xenophobia, white privilege, and colonization in this country and have manifested in our healthcare systems also.

...the social determinants of health, systemic racism, and colorism are at the root of both violence and health inequalities



MFP doctoral Fellow Udaya Thomas is the organization's current Board President. Visit im4us.org to learn 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

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SAMHSA Minority Fellowship Program 8515 Georgia Avenue, Suite 400 Silver Spring, Maryland
20910-3492 United States (301) 628-5247