March 12, 2020

This week’s recommended Health and Wellness Activity:

3-Minute Breathing Exercise

The following articles may be of interest to you:

How to Take Care of Yourself While Meeting Deadlines in a Healthy Manner
How to Take Care of Yourself While Meeting Deadlines in a Healthy Manner

Behind the Scenes of Journal Decisions
Behind the Scenes of Journal Decisions

Meghan’s candor on race and mental health hits home for Black women, experts say
Meghan’s candor on race and mental health hits home for Black women, experts say

Health Disparities:

The impact of COVID-19 on LGBTQ communities: A research roundup
The impact of COVID-19 on LGBTQ communities: A research roundup

Black Americans stand out for their concern about COVID-19: 61% say they plan to get vaccinated or already have
Black Americans stand out for their concern about COVID-19: 61% say they plan to get vaccinated or already have

Research finds disparities in stroke severity and care among Black and Hispanic women
Research finds disparities in stroke severity and care among Black and Hispanic women
2021 Virtual IWl Confirmed Speakers

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