This week's recommended Health and Wellness Activity:

10-Minute Easy + Effective Yoga

The following articles may be of interest to you:

9 lies about life that lead you straight to burnout.
https://www.betterhelp.com

The Important Difference Between Anxiety and Fear
https://www.betterhelp.com

15 Mental Health & Wellness Resources For Asian-American Communities
http://www.health.com

Health Disparities:

Addressing Racial Divides In Health Care Seen As Key To Boosting Black Vaccination
https://www.npr.org

The Impact of the Opioid Crisis on the Latino Community in California
https://npr.org

Social Determinants of Health Stymied Pandemic Telehealth Use
https://npr.org
Congratulations to MFP/ANA National Advisory Committee Chair Dr. Bridgette M. Brawner for receiving her first international Diversity and Equity Award from the International Society of Psychiatric-Mental Health Nurses and the Penn Nursing Dean’s Award for Distinguished Teaching!

The Agency for Healthcare Research and Quality (AHRQ) requests comments from the public on clinical algorithms that are used or recommended in medical practice and any evidence on clinical algorithms that may introduce bias into clinical decision making and/or influence access to care, quality of care, or health outcomes for racial and ethnic minorities and those who are socioeconomically disadvantaged. See more information about the RFI at https://effectivehealthcare.ahrq.gov/webform/products/algorithms-bias-healthcare-delivery/submit-info. Closing date is 11:59 p.m/EDT on May 4, 2021.

CALL FOR APPLICATIONS!

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters. Please email mfp@ana.org for an accessible copy of this e-Newsletter.

Stay connected! Follow us on social media.