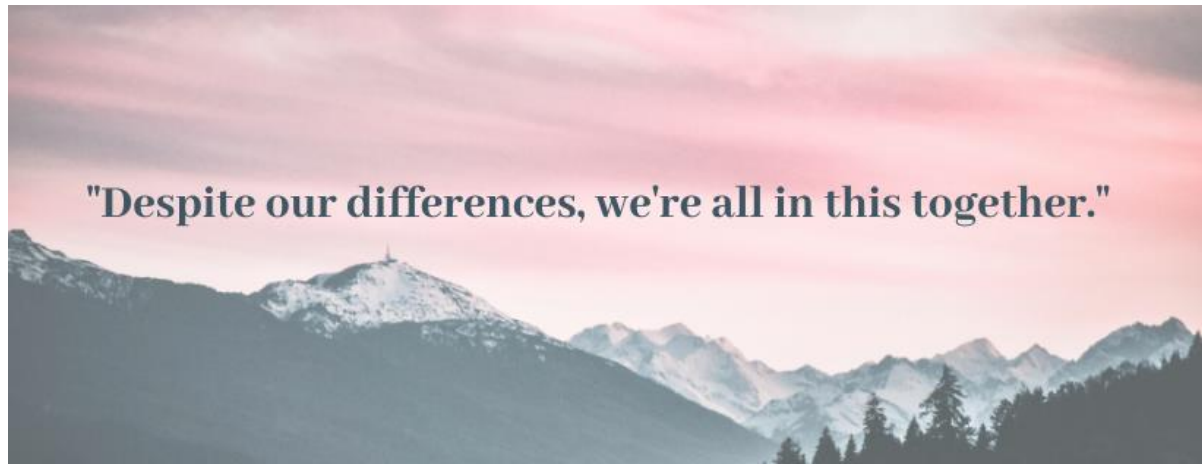


May 1, 2020



This week's recommended Health and Wellness Activity:

Relaxing Stretching Workout



The Thrive Guide to Safeguarding Your Mental Health in the Time of COVID-19

"In times of crisis, it's more important than ever to commit to your mental well-being."

While breaking the stigma is a great start, we can go one step further — by looking for actionable ways to safeguard our mental well-being now and for the long term. Yes, humans are resilient — we're good at powering through. But that doesn't mean we aren't allowed (and encouraged) to get the support we need during tough times. Here are some strategies that have helped me and may help you, too.

- 1 Stay connected**
- 2 Get creative about your "coping mechanisms"**
- 3 Establish boundaries**
- 4 Let yourself be real (even if it's "messy")**
- 5 Make room for hope**

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General principles for talking to children

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

- **Remain calm and reassuring.**

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

- **Make yourself available to listen and to talk.**

Make time to talk. Be sure children know they can come to you when they have questions.

- **Avoid language that might blame others and lead to stigma.**

Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

- **Pay attention to what children see or hear on television, radio, or online.**

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

[READ MORE...](#)

The Transmission of COVID-19 Illustrated



Ethnic/Racial Disparities Data

Native Americans being left out of US coronavirus data and labelled as 'other'

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COVID-19 exposes mistrust, health care inequality going back generations for African Americans

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Latino communities struggle amid coronavirus outbreak: "They're crying. They're desperate."

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Over 30 percent of Americans have witnessed COVID-19 bias against Asians, poll says

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Educational Resources

Penn Nursing providing free telehealth training during pandemic

[Click here for more information](#)

Educational quizzes to keep the little ones busy

[Click here for more information](#)

STOP COVID-19 XENOPHOBIA

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

[STOP-AAPIHATE.COM](https://stop-aapihate.com)

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.

[SAMHSA.GOV](https://samhsa.gov)



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