

Health and Wellness Activity
COVID-19 Resources

May 15, 2020



This week's recommended Health and Wellness Activity:

A Deep Breathing Exercise



"Meditation helps to decrease anxiety by teaching you to pause and breathe and recognize that catastrophizing or ruminating or wanting things different (Your outlook) really starts to change."

- Sah D'Simone, author of 5-minute Daily Meditations Instant Wisdom, Clarity and Calm.

Three easy steps to get started at home:

1. Find a meditation exercise that works for you.
2. Start a routine such as doing it in the same place at the same time.
3. Stick with it.



Teresa Combs, PhD, APRN-BC

Congratulations to MFP/ANA Alumna Teresa Combs, PhD, APRN-BC, on her appointment to the MFP National Advisory Committee effective January 1, 2020.



The Risks Know Them - Avoid Them

- **Where are people getting sick?**
- **How much Virus is released into the environment?**
- **What is the role of asymptomatic people in spreading the virus?**
- **Commonality of outbreaks.**

[Read more](#)

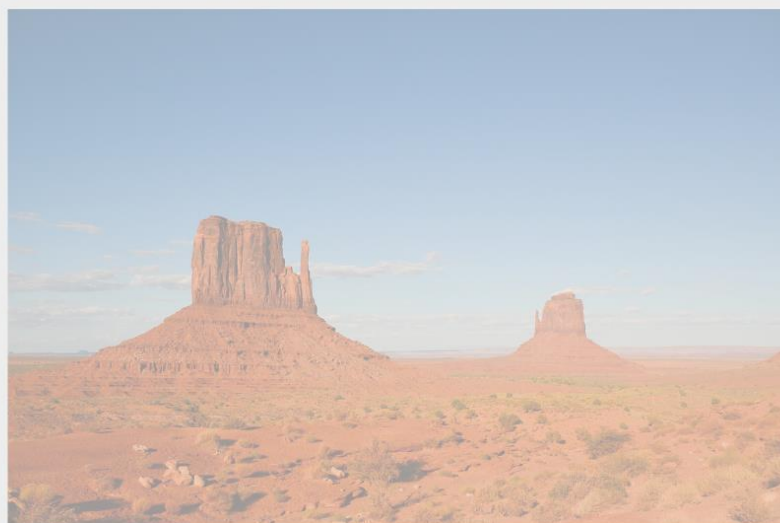
5 Ways to Be Kind to Yourself During Coronavirus

- 1 Organize.**
View this extra time at home as an opportunity to finally declutter. Clean out the closets and reorganize the drawers. How about all the photos trapped on your devices? Get them on a computer and sorted into folders. Use this time to clear your house and mind - and smile, laugh, and cry at the memories that come up as you go through your home..
- 2 Get outside.**
Take a hike, go fishing, breathe in the fresh air, enjoy our world. The grandness of our world, combined with its attention to detail, has a way of making everything else seem like it will all be ok.
- 3 Stay calm.**
Meditate and take deep breaths, anything to practice some mindfulness, and reduce anxiety. Take this time to rest and restore your mind, body, and soul. Oh yeah, Netflix and chill, and don't feel guilty about it.
- 4 Read.**
Go through your bookshelf and open up a book that you keep meaning to start but haven't gotten around to it. Gather a pile of books that you need to pass on to others because if you are honest with yourself, you'll never actually read them.
- 5 Feel your emotions.**
If the trip you have been saving for is canceled, it's ok to be disappointed. If social distancing gets you down, it's ok to be lonely. Feel the sadness. Cry and yell for a minute. Then intentionally find joy and be grateful for all that you have. Have faith that we will get through this. And then pass it on, because faith and joy are just as contagious as fear and panic.

[Read more](#)

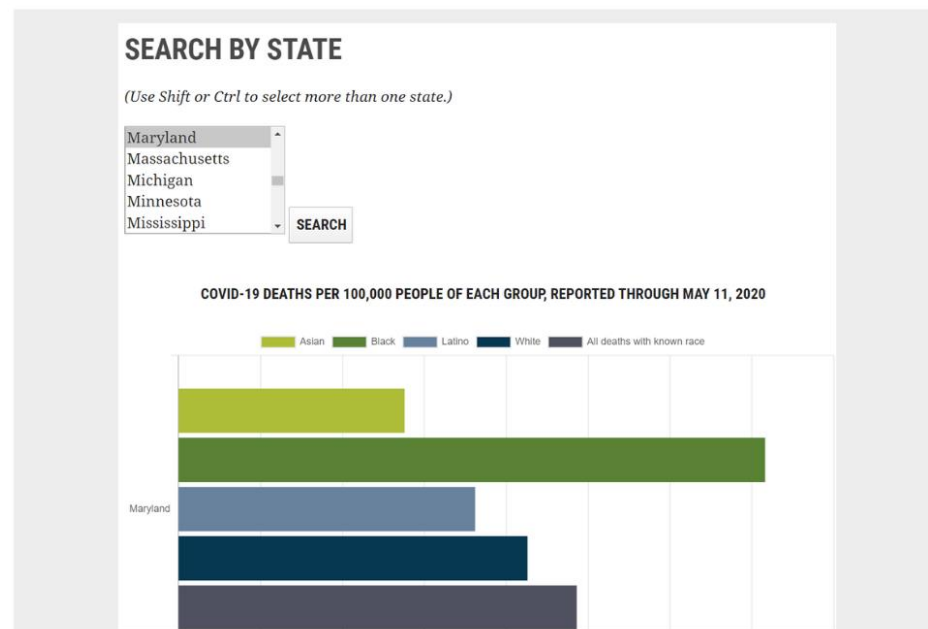
COVID-19 Ethnic Disparities

Navajo Nation reports more coronavirus cases per capita than any US state



[Read more](#)

THE COLOR OF CORONAVIRUS: COVID-19 DEATHS BY RACE AND ETHNICITY IN THE U.S.



[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.

SUBMIT YOUR APPLICATION FOR THE MINORITY FELLOWSHIP PROGRAM COHORT 2020-2021 BY MAY 30, 2020

What do you think of today's e-newsletter? We'd love to hear your thoughts, questions, and feedback: mfp@ana.org.

Enjoying this e-newsletter? Forward to a colleague! They can [sign up here](#).

Stay connected! Follow us on social media.



Funding for the Inside MFP e-News newsletter was made possible (in part) by Grant Number 1H79SM080356-01 from SAMHSA. The views expressed in written training materials or publications and by speakers and moderators do not necessarily reflect the official policies of the department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

[Unsubscribe](#)

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