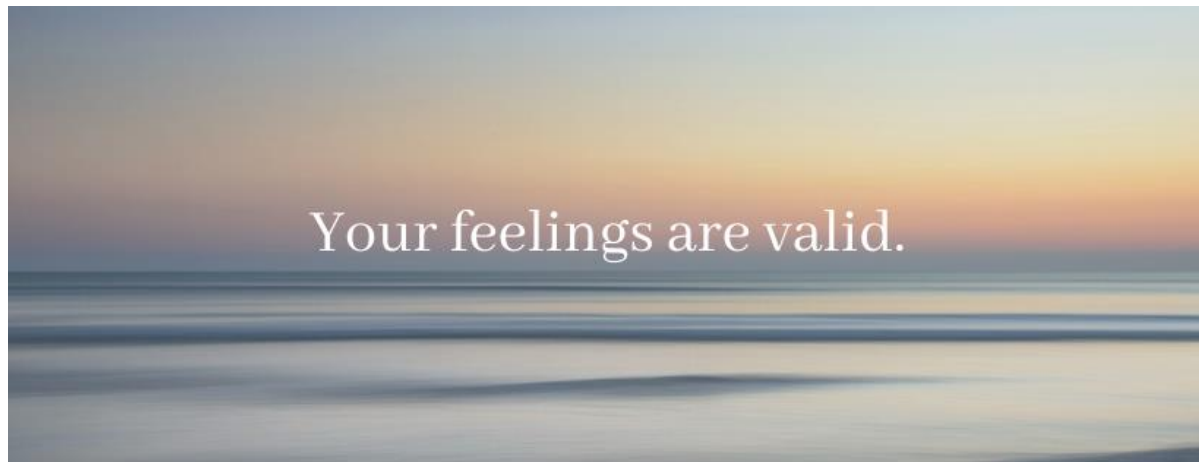


Health and Wellness Activity
COVID-19 Resources

April 17, 2020



This week's recommended Health and Wellness Activity:
A JAPANESE METHOD TO RELAX IN 5 MINUTES



The Science of Helping Out.

"During a crisis, the people who cope best are those who help others."

At a time when we are all experiencing an extraordinary level of stress, science offers a simple and effective way to bolster our own emotional health. To help yourself, start by helping others. Much of the scientific research on resilience – which is our ability to bounce back from adversity – has shown that having a sense of purpose, and giving support to others, has a significant impact on our well-being.

Click the link provided below to access the full article.

<https://thriveglobal.com/stories>

Zoom Exhaustion is Real! Six Ways to Find Balance and Stay Connected.



[READ MORE...](#)

How to Avoid Passing Anxiety on to Your Kids

- 1 Learn stress management techniques.**
As you learn to tolerate stress, you will in turn be teaching your child—who takes cues from your behavior—how to cope with situations of uncertainty or doubt.
- 2 Model stress tolerance.**
Try to maintain a calm, neutral demeanour in front of your child, even as you are working on managing your anxiety.
- 3 Explain your anxiety**
While you don't want your child to witness every anxious moment you experience, you do not have to constantly suppress your emotions. It's okay—and even healthy—for children to see their parents cope with stress every now and then, but you want to explain why you reacted in the way that you did.

[READ MORE...](#)

Tips For All The New Homeschooling Parents.

- Set up a schedule for each child every morning.
- The schedule should include breaks for physical exercise. Exercise helps focus the mind.
- Don't focus on time with the schedule, but focus on getting things accomplished.
- Make sure they get plenty of sleep. In order to do this, focus on the wake-up time and not the bedtime. Make sure they are waking up at the same time every day. Then the bedtime will follow as they will get tired at night. No napping is allowed!

[READ MORE...](#)

The Impact of COVID-19 on Gender Minorities

Although every American is experiencing COVID-19 together, gender minorities are facing this new situation while still being forced to consider the realities of being a gender minority in America. Who counts as a gender minority? Anyone whose gender identity is not exactly aligned to the gender they were assigned at birth.

[READ MORE...](#)

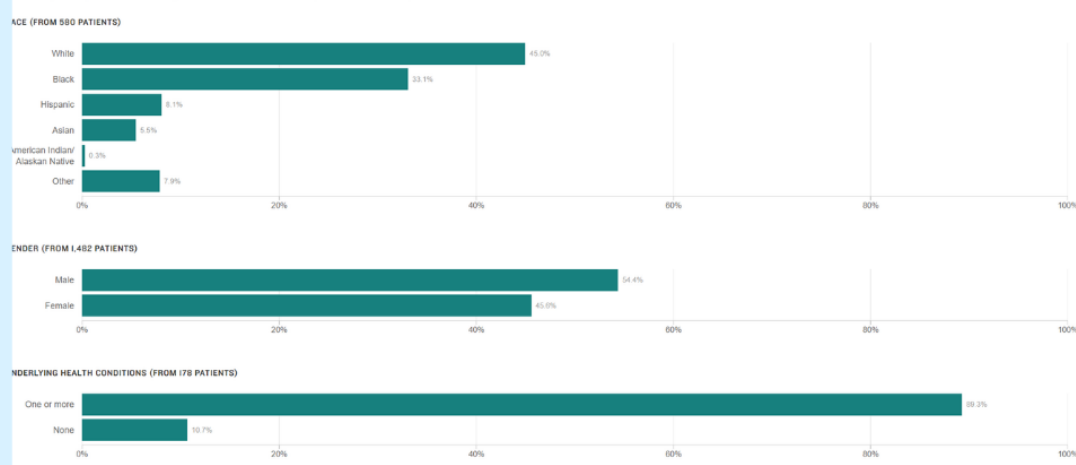
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Why racial data on coronavirus testing and deaths is needed...

Characteristics Of Patients Hospitalized With COVID-19

CDC study of multiple datasets offers insight into characteristics of COVID-19 patients in 14 states hospitalized in the month of March. Each characteristic has a different data size.



[READ MORE...](#)

PROTOCOLS FOR ENTERING YOUR HOME

ACTIONS AGAINST COVID-19

- When you come home, try not to touch anything.
- Take off your shoes.
- Disinfect your pet's paws if you were walking it.
- Take off your outer clothing and put it in a laundry bag. With bleach, recommend at more than 140f.
- Leave bag, purse, keys, etc. in a box at the entrance.
- Shower or, if you are not able, wash all exposed areas well. Hands, wrists, face, neck, etc.
- Clean your phone and glasses with soap and water, or alcohol.
- Clean the surfaces of what you have brought outside with bleach before storing. Prepare a mixture of bleach 20 ml per liter of water. 5 tbsp (1/3 cup) of bleach in one gallon of water or 4 tsp of bleach in one quart of water. Don't forget to wear gloves.
- Remove your gloves carefully, throw them away and wash your hands.
- Remember that it is not possible to do a total disinfection, the objective is to reduce the risk.

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



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.

Stay connected! Follow us on social media.



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