

## Health and Wellness Activity COVID-19 Resources

June 5, 2020

Be the change you wish to see in the world.

This week's recommended Health and Wellness Activity:

**KINDNESS**



### *How to Hold Space*

**PRACTICE ACTIVE LISTENING**  
Put everything aside and give the person your full attention

**DON'T COMPARE**  
Do your best to remain curious about their experience & only share yours when asked

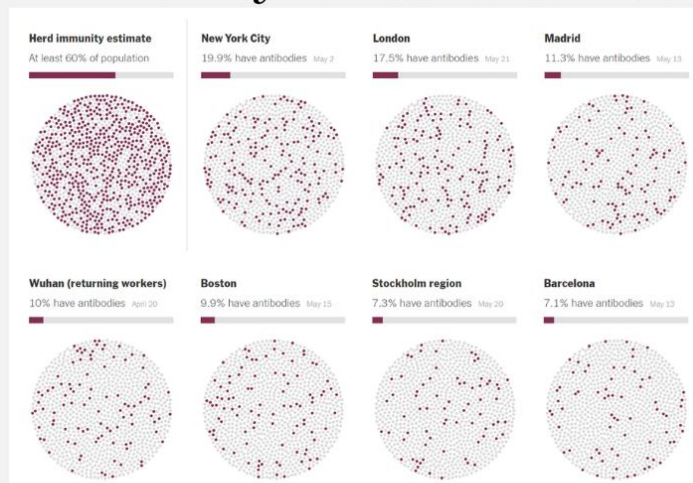
**ASK WHAT YOU CAN DO**  
Remind them you're there to walk alongside them if needed

**LISTEN WITHOUT JUDGEMENT**  
Set aside your own feelings for the moment and ask yourself how you can make this person feel heard

*@PASSIONPLANNER*

The following articles may be of interest to you.

### The World Is Still Far From Herd Immunity for Coronavirus



[Read more](#)

### When Can I See My Grandkids?

[Read more](#)

## COVID-19 Ethnic Disparities

COVID-19: The mental health impact on people of color and minority groups

[Read more](#)

### The Ways and Means Committee Hearing on the Disproportionate Impact of COVID-19 on Communities of Color



### Other Resources in Light of Recent Disheartening Events

Your Black Colleagues May Look Like They're Okay – Chances Are They're Not

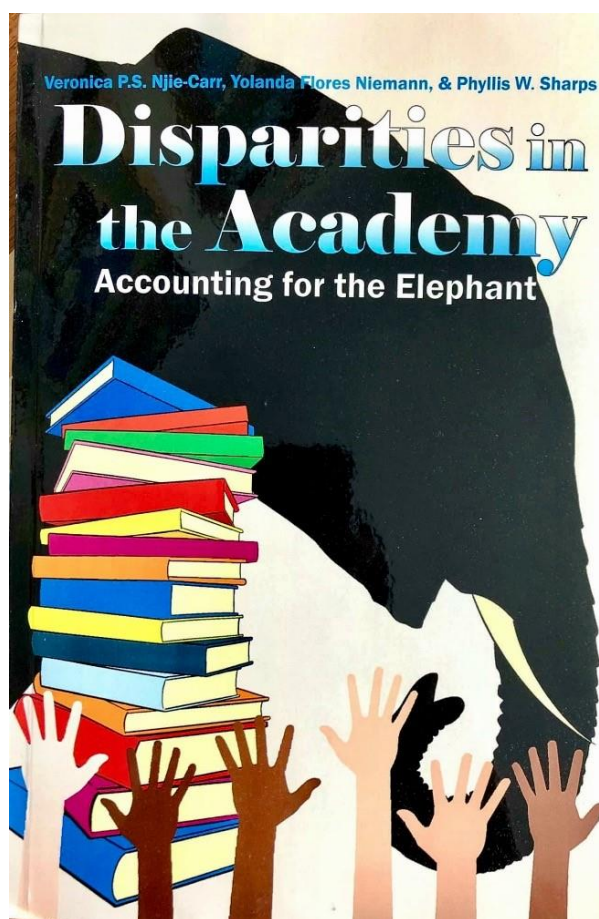
[Read more](#)

Five points of discussion for conversations about racial injustice

[Read more](#)

### Suggested read: Disparities in the Academy: Accounting for the Elephant

Co-Editor is MFP Alumna Dr. Phyllis W. Sharps



### **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.

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We'd love to hear your thoughts, questions,  
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