

Health and Wellness Activity  
COVID-19 Resources

March 12, 2020

"Life always offers you a second chance. It's called tomorrow."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

**3-Minute Breathing Exercise**



**HOW TO BUILD EMOTIONAL AWARENESS**

@thrive\_withmeg



*be present with your body*



*identify and name painful triggers*



*practice "I feel" statements*



*get clear on what + how you avoid feelings*



*indulge in experiences that feel good*



*commit to regular conversations with self*

The following articles may be of interest to you:

**How to Take Care of Yourself While Meeting Deadlines in a Healthy Manner**

[perspectivesblog.sagepub.com](https://perspectivesblog.sagepub.com)

[Read more](#)

**Behind the Scenes of Journal Decisions**

[perspectivesblog.sagepub.com](https://perspectivesblog.sagepub.com)

[Read more](#)

**Meghan's candor on race and mental health hits home for Black women, experts say**

[nbcnews.com](https://nbcnews.com)

[Read more](#)

**Health Disparities:**

**The impact of COVID-19 on LGBTQ communities: A research roundup**

[journalistsresource.org](https://journalistsresource.org)

[Read more](#)

**Black Americans stand out for their concern about COVID-19; 61% say they plan to get vaccinated or already have**

[pewresearch.org](https://pewresearch.org)

[Read more](#)

**Research finds disparities in stroke severity and care among Black and Hispanic women**

[news-medical.net](https://news-medical.net)

[Read more](#)



**2021 Virtual IWI Confirmed Speakers**



**CALL FOR APPLICATIONS!**



Are you a psychiatric nurse pursuing a career that focuses on the prevention & treatment of mental illnesses & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you answered yes to these questions, visit <http://emfp.org> to learn more and to apply!

**Eligibility Requirements**

- Applicants must be an American citizen or permanent resident.
- Member of an ethnic or racial minority group.
- Doctoral applicants must have a Master's Degree or completed at least nine (9) credits related to Psychiatric/Mental Health or Substance Abuse.
- Master's level curriculum and plan of study must embody behavioral health disorders prevention, treatment, and recovery that are under girded with theoretical and clinical science.
- Masters applicants must be enrolled full-time in an accredited degree behavioral health (psychiatric mental health/substance use) program in nursing.
- Doctoral applicants must be enrolled as a full-time doctoral student in a fully accredited nursing program.
- Applicants must have an active Registered Nurse License.
- The documents included in your application (CV, recommendations, essay, etc.) should demonstrate your commitment to a career in substance abuse or psychiatric/mental health issues affecting minority populations.
- Fellows are required to commit to a minimum of 2 years' service in mental health and/or substance use after graduation.

APPLY NOW AT [APPLY.EMFP.ORG](http://APPLY.EMFP.ORG)

**IMFP CALL FOR APPLICATIONS**

APPLICATIONS NOW OPEN for the 2021-2022 Academic Year! **Due April 15, 2021.**

The **Interdisciplinary Minority Fellowship Program (IMFP)** is funded by a new grant from the federal **Substance Abuse and Mental Health Services Administration (SAMHSA)**. This fellowship program is designed for master's and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or cooccurring mental and substance use disorder. Visit [www.apa.org/pi/mfp/psychology/imfp](http://www.apa.org/pi/mfp/psychology/imfp) to learn more and to apply.

**Applicants must:**

- Be U.S. citizens, permanent residents, or noncitizen nationals.
- Have a strong commitment to a career in racial/ethnic minority behavioral health services.
- Complete a community project during each year of funding.
- Sign a letter of commitment attesting that they will work for a period of two years in a capacity that addresses the behavioral health needs of racial and ethnic minority populations

**Applicants may apply for more than one MFP fellowship. If accepted to more than one the applicant must choose one fellowship.**

**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.

Missed an issue? Check out our e-Newsletter archives at [emfp.org/news/e-newsletters](http://emfp.org/news/e-newsletters).

Did you enjoy today's e-Newsletter?

Yes  
 No

How likely are you to share one or more of the resources provided with a colleague?

Likely  
 Not likely

**Submit**

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