

Health and Wellness Activity
COVID-19 Resources
March 5, 2021

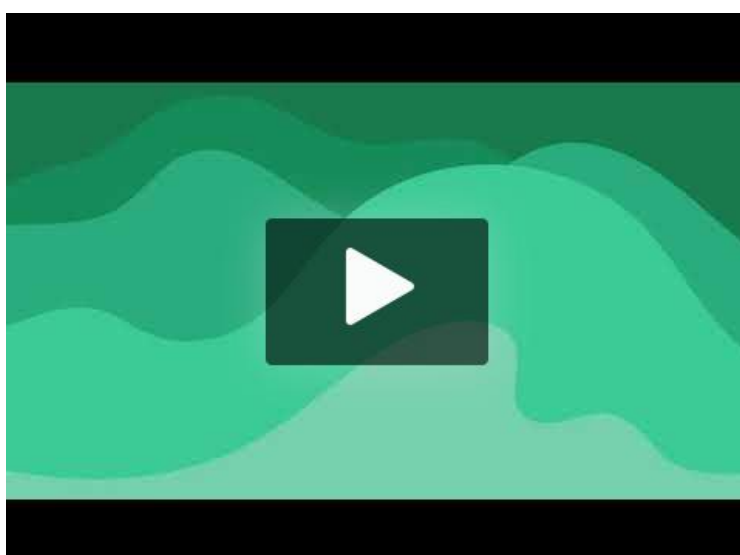
"Healing takes time and asking for help is a courageous step."



MFP / AANA e-Newsletter

This week's recommended Health and Wellness Activity:

3-Minute Mindfulness Meditation



HOW TO SET & ACCOMPLISH GOALS



01. MAKE IT SMARTER

Your goals need to be:
S - specific
M - measurable
A - attainable
R - relevant
T - time-bound
E - evaluative
R - revisable



02. WRITE IT DOWN

Write down your goals to clarify and strengthen your intentions.



03. BREAK IT DOWN

Break down your goals into small and manageable steps to overcome overwhelm.



04. HOLD YOURSELF ACCOUNTABLE

Hold yourself accountable by maintaining focus and discipline throughout your process.



05. REWARD YOURSELF

Rewarding yourself will help reinforce the positive actions you've taken so you can continue doing it.



06. DEVELOP SYSTEMS AND HABITS

Effective systems and habits make it easier for you to accomplish your goals on a regular basis.

MORE ACTIONABLE TIPS AT WWW.PRODUCTIVEANDEREE.COM

The following articles may be of interest to you:

Women's History Month

www.womenshistory.org

[Read more](#)

As A Black Nurse At The Pandemic's Frontlines, I've Had A Close Look At America's Racial Divisions

medicalnewstoday.com

[Read more](#)

How to Feel More Connected and Less Lonely Right Now

thriveglobal.com

[Read more](#)

Health Disparities:

Rise in anti-Asian American hate crimes may lead to mental health crisis

abnews.go.com

[Read more](#)

THE CONVERSATION: Between Us, About Us: A New Campaign By Black Health Care Workers for Black People about the COVID-19 Vaccines

www.greaterthancovid.org

[Read more](#)

Racial and ethnic minorities, older adults underrepresented in U.S. vaccine trials over the past decade

journalistsresource.org

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

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/imfp/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.

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

Stay connected! Follow us on social media.

