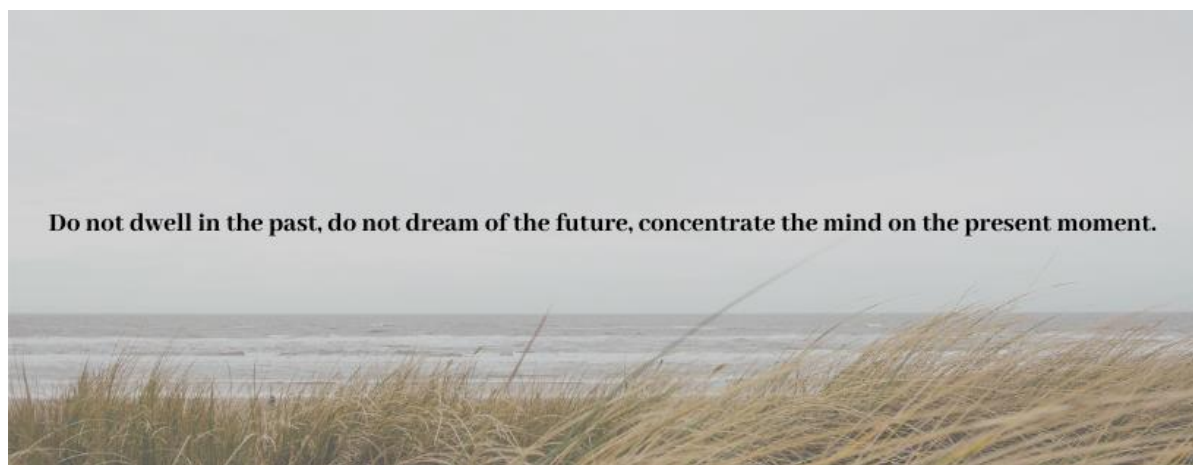


Health and Wellness Activity COVID-19 Resources

May 22, 2020

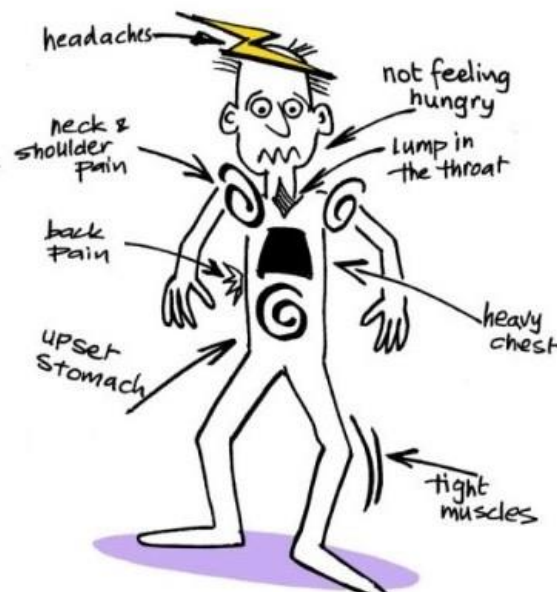


This week's recommended Health and Wellness Activity:

Mindful Breathing Meditation



These are the physical signs of stress



6 Ways Nurses Can Improve Cultural Competency at Work

1 Educate yourself and then continue that education.

Education is key, said Nikeisha Whatley-León, who is a licensed clinical psychotherapist and the system director for Behavioral Health Services at Northside Hospital in Atlanta. This includes learning about how minorities are at a higher risk of developing many types of illnesses as well as the discrimination that they face in their daily lives.

2 Assess your own cultural competency.

Minoritynurse.com suggests using an online cultural competence self-assessment tool to determine your own strengths and weaknesses when caring for patients who come from different cultures.

3 Ask questions.

"Come in with a blank slate, not making any assumptions," Baker suggested. A single patient can represent several different cultures, and health care providers need to find out what's important to them. Ask about everything from spiritual and cultural practices to teas they may be using to combat certain symptoms, she added.

[Read more](#)

25 Fun Mindfulness Activities for Children and Teens

1 Spidey-Senses

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in (Karen Young, 2017).

This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practice.

2 The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

- Finally, use the following script or take inspiration from it to form your own mini-lesson:

[Read more](#)

What to Do When Other People Aren't Social Distancing

● Safety Considerations.

First, be very careful about confronting a stranger about their social distancing practices. This topic is highly charged and has become a major point of contention in the debate about how and when to restart the economy.

Attempts to change others' behavior could potentially trigger a violent reaction, as has happened several times.

● Communicate Honestly to Loved Ones.

Let friends or family members know if you're concerned about their social distancing practices. You may not change their minds or their behavior, but at least you'll know you did what you could to protect them and those they encounter.

● Control What You Can.

Trying to make others do what you want is unlikely to work and usually only leads to frustration. Ultimately you can only control yourself. You can't force your fellow pedestrians to give a wide berth on sidewalks and trails, for example, but you can take measures to stay as far from them as possible. You might need to limit your exposure to public spaces to the least busy times of day, or avoid narrow trails that make distancing difficult.

[Read more](#)

Top Podcasts for Kids

staplesconnect.com

[Read more](#)

May is National Nurses Month

MFP Alum Dr. John Lowe, PhD, RN, FAAN, Professor, Endowed McKenzie Chair for Health Disparities Research, Director, Center for Indigenous Nursing Research for Health Equity, Florida State University, discusses nursing recognition.



COVID-19 Racial/Ethnic Disparities:

Racism Declared a Public Health Crisis in Ohio's Most Populated County

[Read more](#)

The Striking Racial Divide in How Covid-19 Has Hit Nursing Homes

[Read more](#)

LGBTQ Americans are getting coronavirus, losing jobs. Anti-gay bias is making it worse for them.

[Read more](#)

Many Pacific islands are untouched by COVID-19. Its arrival could be disastrous

[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.



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