

Health and Wellness Activity COVID-19 Resources

May 29, 2020

Be the change you wish to see in the world.

This week's recommended Health and Wellness Activity:

10-Minute Meditation for Anxiety



The following articles may be of interest to you:

Why Does Zoom Exhaust You?

Science Has an Answer.

[Read more](#)

Children's story book released to help children and young people cope with COVID-19

World Health Organization

[Read more](#)

Planning the Perfect Staycation

• Designate the time

Similar to how you would allot time for traveling, block off a weekend, long weekend or even a week for your staycation. Request time off from work if you're working from home; inform family members and friends, just as you would if you were traveling to a different locale.

• Do your chores ahead of time

Set up automatic payments for bills and take care of any other responsibilities that you would normally attend to before vacation. This way you can solely focus on the staycation even through you're at home.

• Create an itinerary

Decide how you would like to spend your time. Maybe there is a local park you've wanted to explore, a movie you've been excited to see, or catch up on books you haven't read. Whatever you choose, make sure it is fun, makes you happy, and is something outside of your day-to-day routine.

[Read more](#)

COVID-19 Racial/Ethnic Disparities:

'A no-win situation' — Expert weighs in on COVID-19 racial disparities

[Read more](#)

Coronavirus and Latino Health Equity

[Read more](#)

MFP alum Dr. Cheedy Jaja discusses the psychological impact nurses are likely to experience from participating in COVID-19

[Read more](#)

"Helpers to Heroes"

MFP alumna Daisy Lara discusses being on the frontlines during COVID-19

[Read more](#)

Other Resources in Light of Recent Disheartening Events

The National Council of Asian Pacific Americans (NCAPA) Statement in Solidarity with the Black Community

[Read more](#)

George Floyd video adds to trauma: 'When is the last time you saw a white person killed online?'

[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.



What do you think of today's e-newsletter? We'd love to hear your thoughts, questions, and feedback: mfp@ana.org.

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