

Health and Wellness Activity
COVID-19 Resources

May 8, 2020



Mental health is just as important as physical health.

This week's recommended Health and Wellness Activity:

5-minute Meditation



National Nurses Week



**Tips to Stay Motivated During
Quarantine**

source: <https://catalystsport.com/blog/113720/5-Easy-Ways-to-Stay-Motivated-During-the-Quarantine>

1 Build a routine

Make a daily schedule for yourself, with the times you want to wake up and go to bed. Try to stay as consistent as possible with the times you eat your meals and set aside time for different projects, like cleaning in the morning and working on the computer in the afternoon.

2 Make a few goals

Think about some things you'd like to accomplish - whether it's losing a few pounds or finally painting your kitchen. It is helpful to have something to look forward to every day and to work on, so your life feels less like "Groundhog Day" and more like you're accomplishing something.

3 Ask for support

Tell a couple of your friends what you're working on and ask if they can keep you accountable, or check in with you. Do the same for them. We are all in this together and people are more supportive than ever in this time.

Six Daily Questions to Ask Yourself in Quarantine

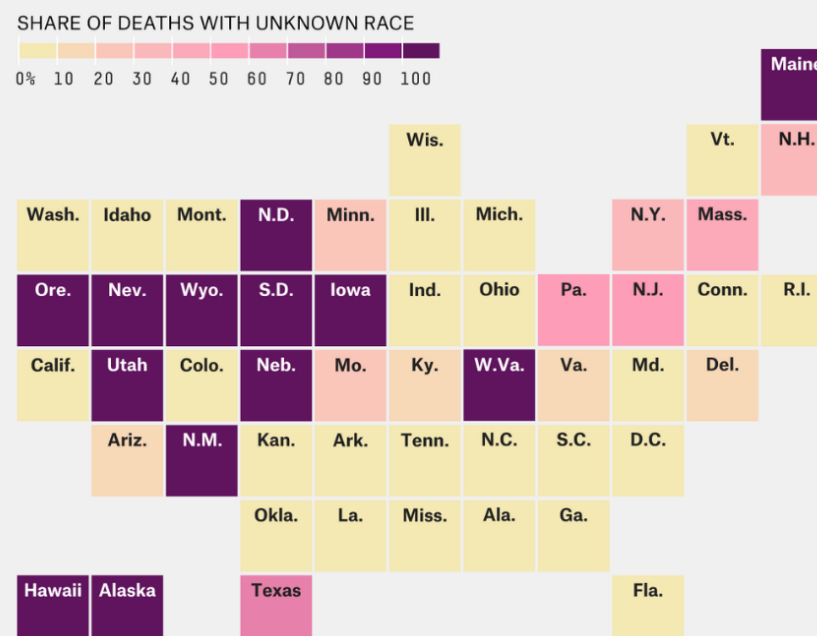
- 1 What am I grateful for today?
- 2 Who am I checking in on, or connecting with, today?
- 3 What expectations of “normal” am I letting go of today?
- 4 How am I getting outside today?
- 5 How am I moving my body today?
- 6 What beauty am I creating, cultivating, or inviting in today?

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COVID-19 Ethnic Disparities:

Data on COVID-19 Deaths Often Omits Race

Each state's share of COVID-19 deaths for which the patient's race is unknown, as of May 6, 2020



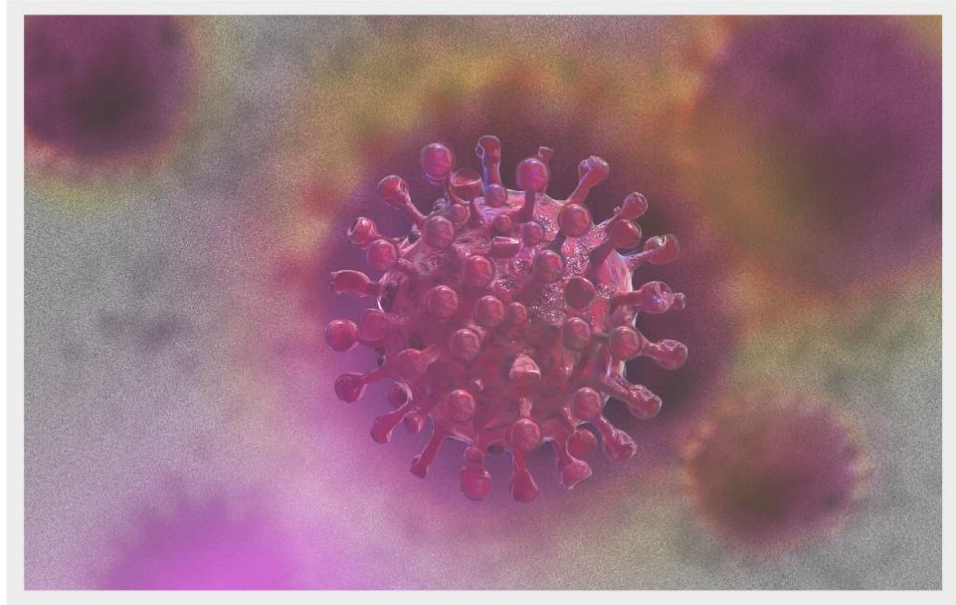
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Pandemic's front-line work falls on women, minorities

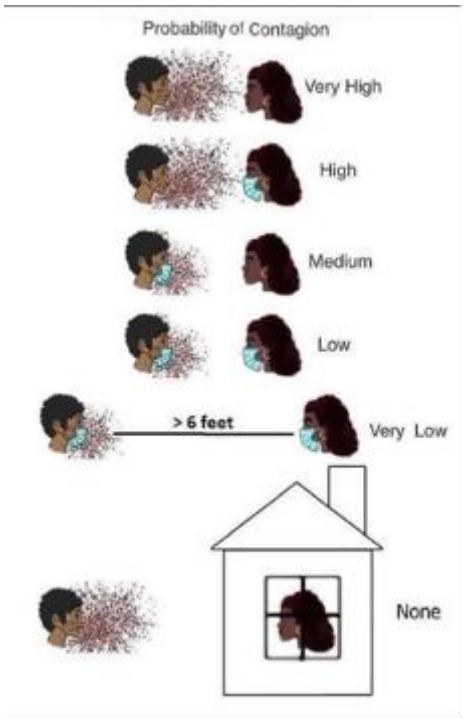


[Read more](#)

A majority of coronavirus deaths in the US were in disproportionately black counties



[Read more](#)



5-minute brain exercise

M	E	V	I	S	L	U	P	M	I	E	A	V	R
E	L	B	A	T	P	A	D	A	W	I	E	H	G
N	P	A	S	S	I	O	N	A	T	E	W	S	E
D	T	C	I	T	E	G	R	E	N	E	E	N	H
E	I	E	S	U	Y	C	A	L	M	O	T	C	A
R	N	V	E	M	D	I	N	M	I	H	J	I	R
U	T	I	S	P	O	A	P	H	U	P	E	T	D
S	O	T	S	U	O	C	S	S	L	A	A	N	W
S	L	I	N	L	M	S	I	I	O	T	L	A	O
A	E	U	E	O	E	A	E	F	V	I	O	M	R
F	R	T	S	M	S	R	A	L	I	E	U	O	K
L	A	N	R	T	A	L	P	E	N	N	S	R	I
E	N	I	I	U	L	C	E	S	G	T	D	C	N
S	T	C	E	V	I	S	S	E	S	S	O	P	G

- ENERGETIC
- ENTHUSIASTIC
- SELF-ASSURED
- INTOLERANT
- PATIENT
- IMPULSIVE
- PASSIONATE
- HARD-WORKING
- ADAPTABLE
- POSSESSIVE
- CALM
- INTUITIVE
- SELFISH
- JEALOUS
- ROMANTIC
- LOVING
- MOODY

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.

**SUBMIT YOUR
APPLICATION FOR
THE MINORITY
FELLOWSHIP PROGRAM
COHORT 2020-2021
BY MAY 30, 2020**



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