

# Mental Well-Being

Vivian Barnette, Ph.D., ABPP

Licensed Psychologist

## **MIXED FEELINGS....**



**Some are enthusiastic about reconnecting in-person and getting back to live classroom instruction and social connectedness.**



**Others have questions, anxieties, and doubt about whether a full return to campus is in the best interest of everyone's health and safety.**

## **WHAT WE KNOW...**

- **Our nation has endured over the last 18 months heavy physical, emotional, and economic tolls that they have had and continue to have on so many individuals and communities.**
- **The pandemic has taken a disproportionately heavier toll in the US on Black, Indigenous, and People of Color (BIPOC) due to inequities in health care, systemic racism, and other social determinants of health and well-being.**
- **Vaccines seems to protect us, but concerns are still about whether they will be effective against other variants.**

## **OTHER SOCIETAL CONCERNS...**

---

**Police brutality and violence against Black Americans.**

---

**Xenophobia negatively impacted many Asian and Asian American and Pacific Islander communities.**

---

**The financial impact of the virus resulting of millions of people losing their jobs.**

---

**The impact of the November 2020 election cycle, cannot be underestimated.**

---

**The unprecedented number of gun violence incidents and mass shootings have a profound impact upon us, our families and communities.**

# IMPACT ON MENTAL WELL-BEING

*Sharp rise in MH Challenges*

## Develop Life Skills

- > Focus on social connections
- > Gratitude
- > Compassion for self and others
- > Empathy
- > Grief and trauma
- > Mindfulness



## **PROMOTE SOCIAL CONNECTEDNESS**

*We rise by lifting...*

- **Discuss feelings of loneliness which have been intensified by physical distancing over the last 1.5 years.**
- **Ask about loneliness and isolation, reach out to offer support, and/or communicate your concerns.**



# **YOUR TOP PRIORITY: SELF-CARE**

*Without it, nothing else is possible...*

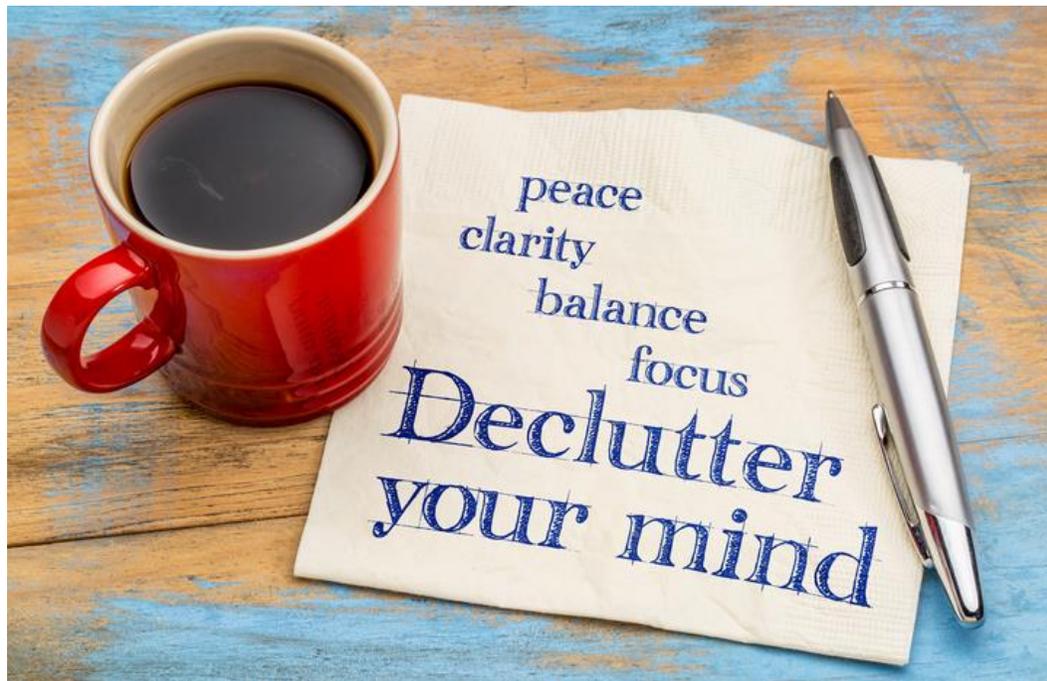
## **What Does Your Body Need?**

- > Sleep six to eight hours, eat simple foods, hydrate, move around and/or receive a hug.
- > Perhaps your body may be asking for something else, so listen gently and provide yourself with what you need to feel good/better in your body



## **SELF-CARE**

*What are you feeding your mind...*



### **What Does Your Mind Need?**

Create healthy boundaries around media consumption, unplug from electronics a few times each week to be present to the reality in your midst.

When you to engage, choose trusted and reliable sources.



## **RESOURCES (ABBREVIATED)**

**Suicide Prevention Lifeline (24/7)**

**1-800-273-8255 (TALK)**

**HelpGuide**

**helpguide.org**

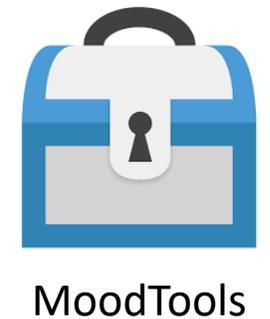
**Ulifeline (24/7)**

**Text Hi Steve to 741-741**

**Veteran's Crisis Line**

**1-800-273-8255 (press 1)**

## **TOOLS FOR STUDENTS / STAFF**



# MENTAL WELL-BEING



# QUESTIONS



**Vivian Barnette, Ph.D., ABPP**  
**Executive Director and Licensed Psychologist**  
**Counseling Services**  
**N.C. A&T State University**  
**(336) 334-7727**  
[vdbarnet@ncat.edu](mailto:vdbarnet@ncat.edu)