

# Mental Well-Being

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## **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...**

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

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

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

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

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**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?

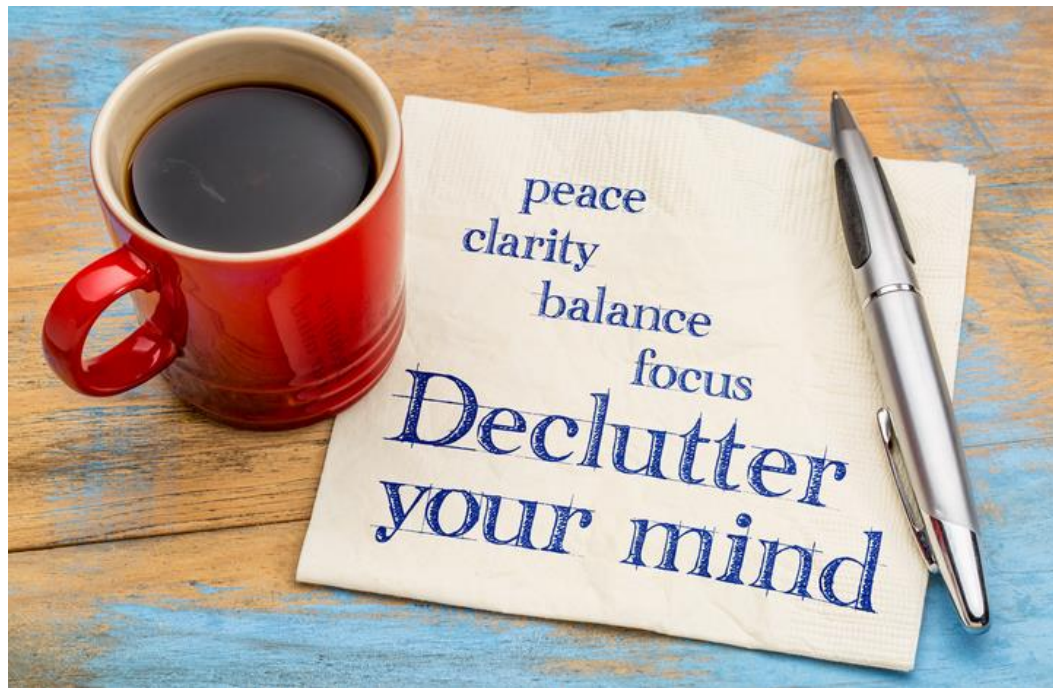
- > Sleep six to eight hours, eat simple foods, hydrate, move around and/or receive a hug.
- > Perhaps your body may be asking for something else, so listen gently and provide yourself with what you need to feel good/better in your body





## **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**

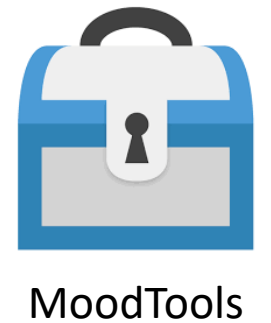
**Ulifeline (24/7)**

**Text Hi Steve to 741-741**

**Veteran's Crisis Line**

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

## TOOLS FOR STUDENTS / STAFF



# MENTAL WELL-BEING



# QUESTIONS



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