



MENTAL WELLNESS IN A PANDEMIC

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View Point Health
Chief Executive Officer

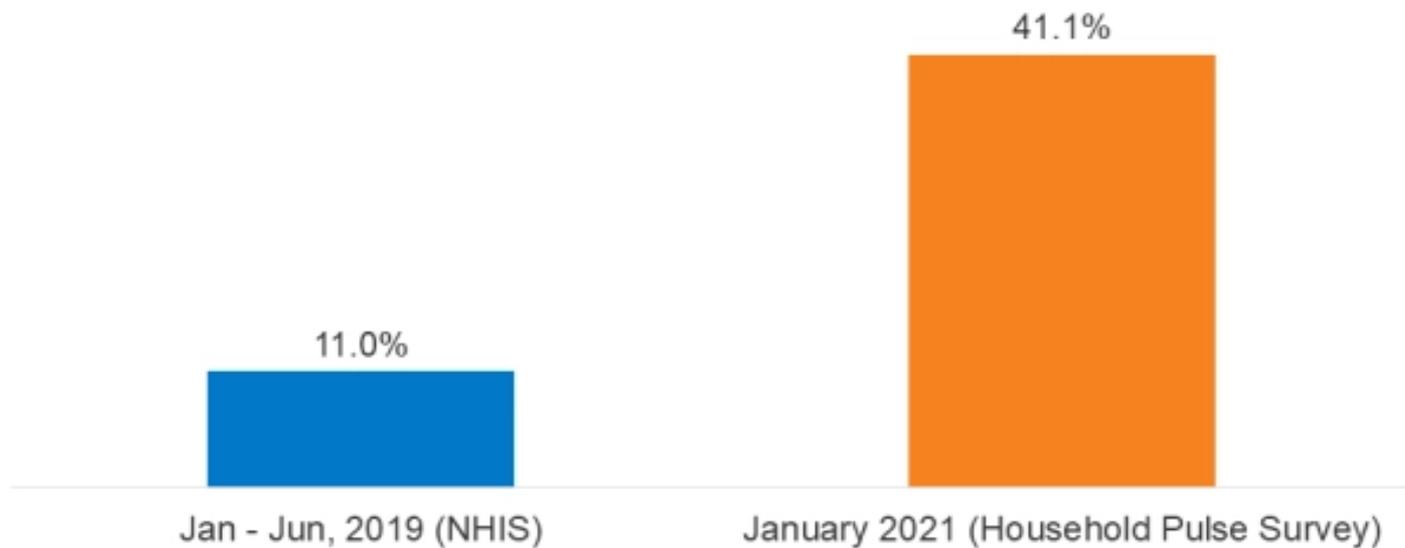
A stylized, light-colored illustration of a plant with several leaves and a cluster of small, round buds or flowers, positioned on the left side of the slide against a dark blue background.

“PRUDENCE AND CAUTION
ARE STRENGTHS IN A
PANDEMIC”

Richa Bhatia, MD

Kaiser Family Foundation Report

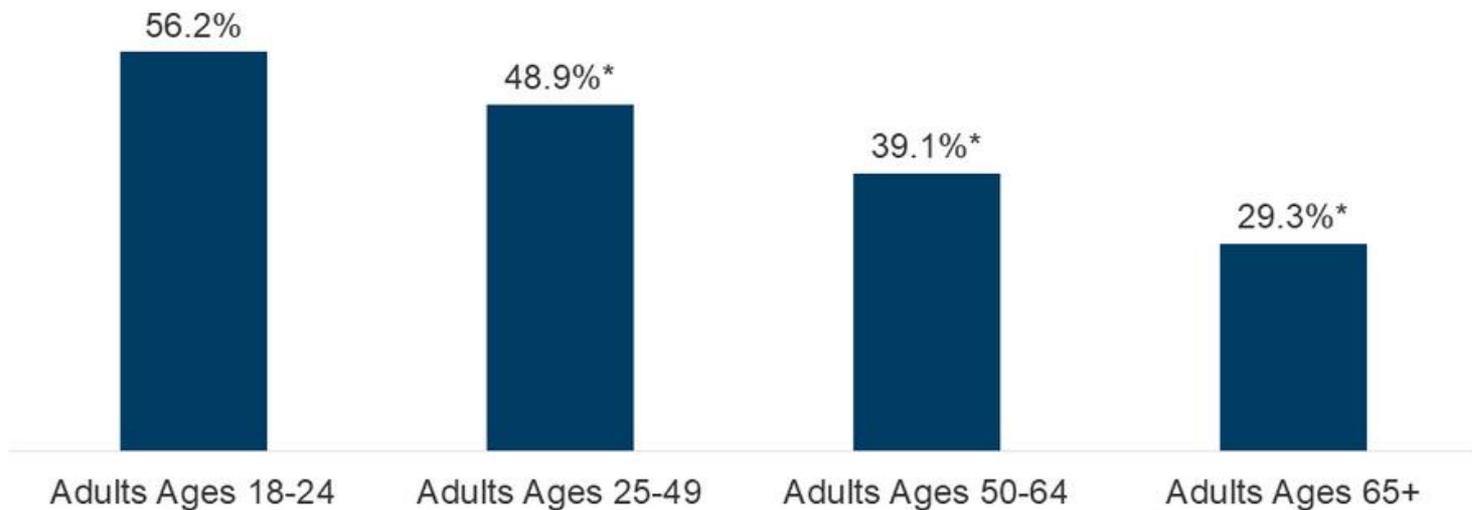
Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021



<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

Increase in Anxiety and Depression

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age



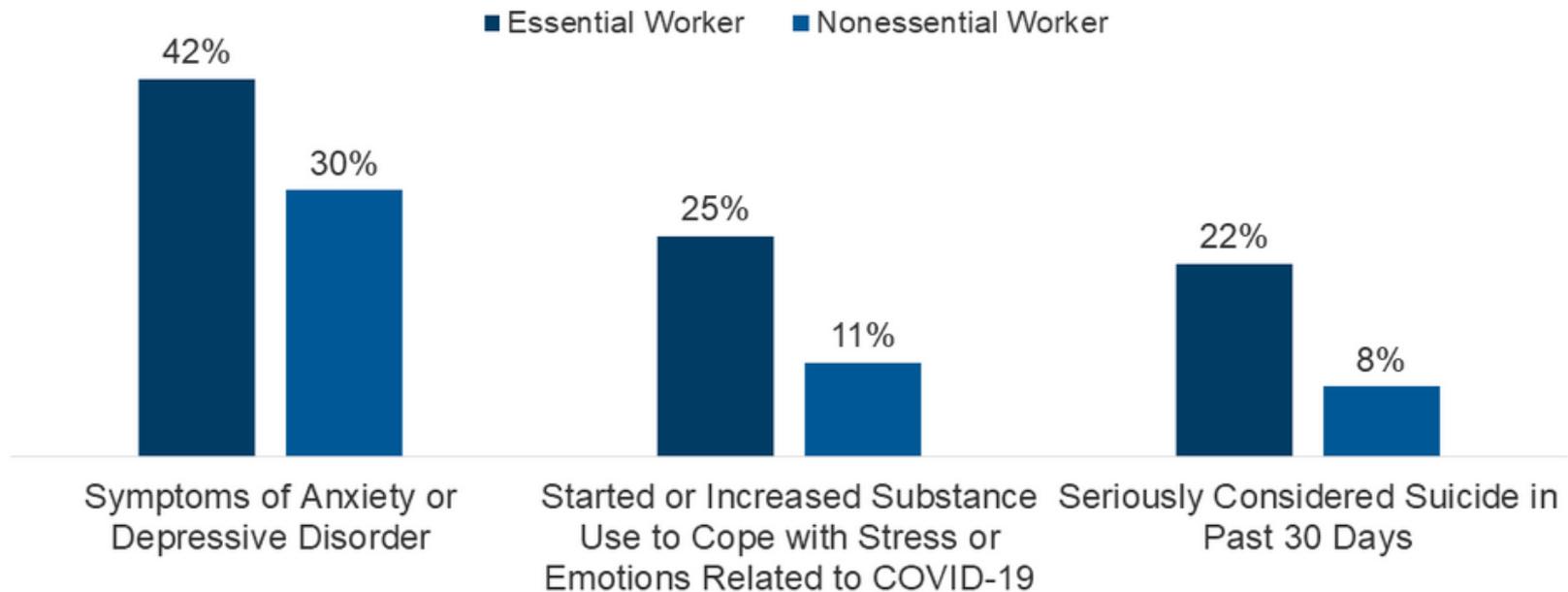
Communities of Color

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Race/Ethnicity



Essential Workers

Among Essential and Nonessential Workers, Share of Adults Reporting Mental Distress and Substance Use, June 2020



Reach out early! Don't wait for a crisis.

- Keep Informed
- Have a Routine
- Minimize Newsfeeds
- Safe Social Contact
- Limit Substance Use
- Take Breaks from Screens
- Social Media
- Help Others
- Support Healthcare Workers



Virtual Fatigue



Excessive amounts of close-up eye contact is highly intense.

- ✓ Reduce the size, take it out of full screen mode, & allow more space between your face & the screen

Seeing yourself during video constantly in real-time is fatiguing.

- ✓ Select “hide self-view” button

Video dramatically reduces our usual mobility.

- ✓ Use an external camera farther away from the screen and turn the video off from time to time

The cognitive load is much higher on video.

- ✓ Schedule “audio only” breaks.

We want it to be over, BUT it's not!

- Loss and Grief
- Adapting to change
- Natural to feel anxious
- The longer you avoid something, the more anxiety provoking it can become
- Navigating the Unknown
- Unable to make long term plans

Coping Tips

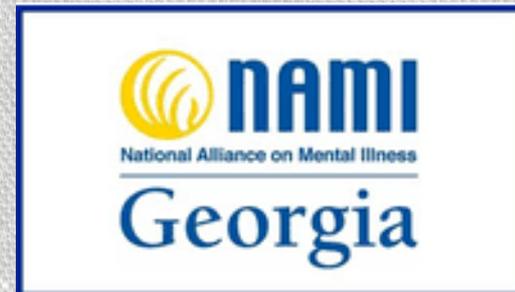
- ✓ Go slow
- ✓ Resist the urge to relax protective measures
- ✓ Be kind to yourself and others
- ✓ Journaling
- ✓ Gratitude
- ✓ Seek help

When to Act

- Sadness
- Anxious feelings
- Hopelessness
- Increased alcohol use
- Poor sleep
- Interferes with
 - Work
 - Relationships
 - Daily living
- Higher Risk Groups
 - Young Adults
 - People of Color
 - Essential Workers
 - Unpaid Caregivers



Local Resources



On-Line Therapy Resources



Call to Action



- [Free Your Feels Tool Kit](#)
- Recommended by the Georgia Behavioral Health Reform and Innovation Commission



- Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.



"OFTEN WHEN YOU THINK YOU'RE
AT THE END OF SOMETHING,
YOU'RE AT THE BEGINNING OF
SOMETHING ELSE."

Fred Rogers

QUESTIONS?

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