



MINDING YOUR MENTAL HEALTH WHILE SERVING THE PUBLIC

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**AALSCC, NBCSL
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THE FACTS OF THE MATTER

Compared to non-Hispanic whites in America:

- African Americans ages 18-49 are **2 times** as likely to die from heart disease than whites.
- African Americans ages 35-64 years are **50%** more likely to have high blood pressure than whites.

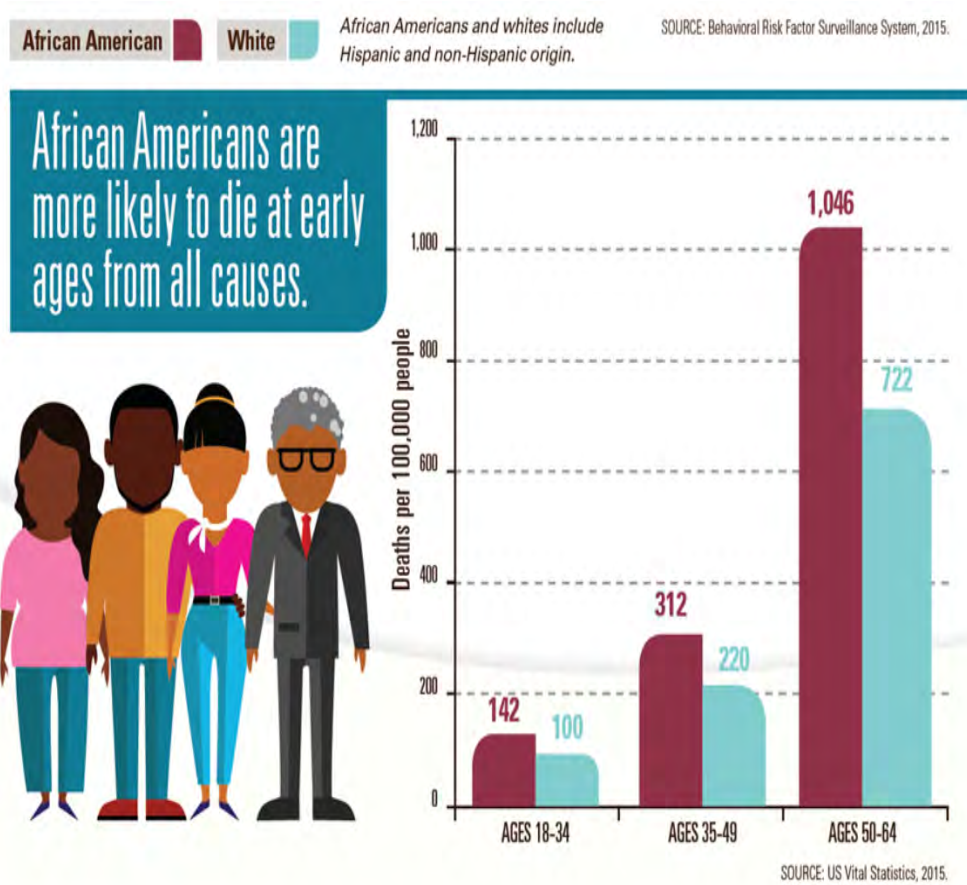


Table A. Expectation of life, by age, race, Hispanic origin, race for the non-Hispanic population, and sex: United States, 2017

| Age (years) | All races and origins | | | White | | | Black | | | Hispanic ¹ | | | Non-Hispanic white ¹ | | |
|-------------|-----------------------|------|--------|-------|------|--------|-------|------|--------|-----------------------|------|--------|---------------------------------|------|--------|
| | Total | Male | Female | Total | Male | Female | Total | Male | Female | Total | Male | Female | Total | Male | Female |
| 0..... | 78.6 | 76.1 | 81.1 | 78.8 | 76.4 | 81.2 | 75.3 | 71.9 | 78.5 | 81.8 | 79.1 | 84.3 | 78.5 | 76.1 | 81.0 |

THE FACTS ABOUT MENTAL ILLNESS

Mental and Behavioral Health - African Americans

- Adult Black/African Americans are 20 percent more likely to report serious psychological distress than adult whites.
- In 2017, suicide was the second leading cause of death for African Americans, ages 15 to 24.¹
- The death rate from suicide for African American men was more than four times greater than for African American women, in 2017. (However, the overall suicide rate for African Americans is 60 percent lower than that of the non-Hispanic white population.)
- A report from the U.S. Surgeon General found that from 1980 - 1995, the suicide rate among African Americans ages 10 to 14 increased 233 percent, as compared to 120 percent of non-Hispanic whites.²

THE FACTS ABOUT MENTAL ILLNESS

Percent of population with feelings of sadness, hopelessness, worthlessness, or that everything is an effort, all or most of the time, among persons 18 years of age and over, 2017

| | Non-Hispanic Black | Non-Hispanic White | Non-Hispanic Black / Non-Hispanic White Ratio |
|-------------------------|---------------------------|---------------------------|--|
| Sadness | 4.3 | 2.6 | 1.7 |
| Hopelessness | 2.1 | 1.9 | 1.1 |
| Worthlessness | 1.8 | 1.8 | 1.0 |
| Everything is an effort | 10.3 | 6.1 | 1.7 |

Source: CDC 2019. Summary Health Statistics: National Health Interview Survey: 2017. Table A-7.
<https://www.cdc.gov/nchs/nhis/shs/tables.htm>

*****It is estimated that only one-in-three African Americans who need mental health care receives it. (Stigma and lack of access to care are among the contributing factors.)**

RISK FACTORS FOR MENTAL ILLNESS OR POOR MENTAL HEALTH CONDITIONS

- Trauma i.e. ACES, abuse, violence
- Brain injury
- Substance use
- **Stress and worry**
- Chronic health conditions
- **Sleep**
- **Poor diet**
- Genetics
- Environmental factors e.g. toxins, poor air quality,

Stress Effects on Body Systems



COVID19 RISK FACTORS

- Pre-existing chronic health conditions e.g. hypertension, diabetes, COPD, asthma
- Compromised immune system (e.g. illness, stress)
- Being an essential worker and not able to work from home:
 - According to BLS data from 2017-2018 (Black and Hispanic workers less likely to be able to work from home):
 - 37% of Asian workers
 - 29.9% of white workers
 - 19.7% of black or African American workers
 - 16.2% of Hispanic or Latino workers
 - 31.4% of non-Hispanic or Latino workers
- Environmental conditions
- Age (65+)

Less than one in five black workers and roughly one in six Hispanic workers are able to work from home

Share of workers who can telework, by race and ethnicity, 2017–2018

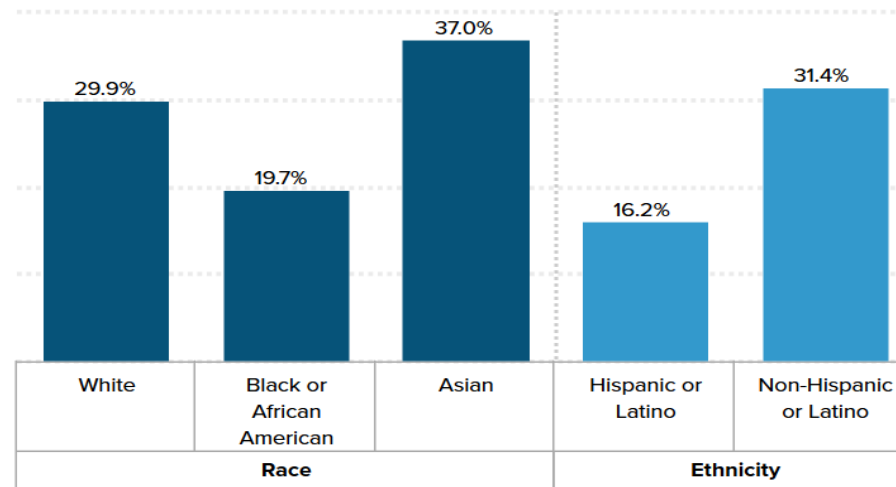


Chart Data

Source: U.S. Bureau of Labor Statistics, [Job Flexibilities and Work Schedules — 2017–2018](#)
Data from the American Time Use Survey

Economic Policy Institute

EIGHT DIMENSIONS OF HEALTH AND WELLNESS

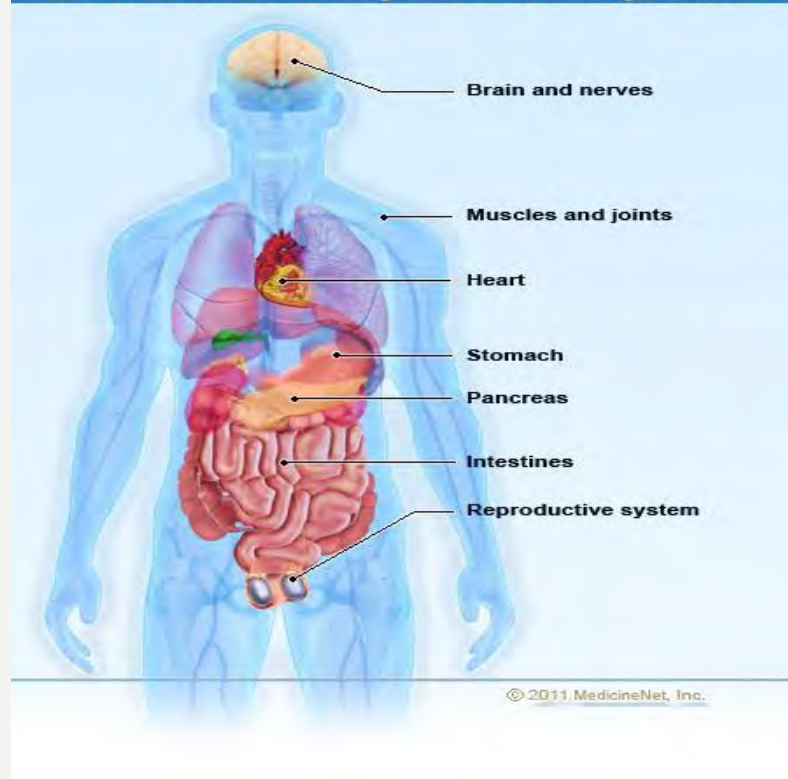


Source: SAMHSA --Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314. 2016

STRESS MANAGEMENT

“MANAGE STRESS, MANAGE HEALTH OUTCOMES”

Areas of the body affected by stress



Stress Management Practices

1. SOAR ©method
Stop, Observe, Assess, Respond
2. Take time out and breathe
3. Exercise—walking is a miracle worker
4. Assess other behaviors—eating, sleeping, water consumption
5. Find your “happy place” and retreat
 - physical
 - mental
6. Identify a “C” buddy

SELF-CARE CHECK LIST

| | Did you experience it today/this week? | |
|--|--|----|
| | Yes | No |
| What inspires you? | | |
| What fills you (make you feel fulfilled—wanting nothing more)? | | |
| What motivates you? | | |
| What brings you joy? | | |
| What makes you laugh? | | |
| What brings you peace and stills (calms) you? | | |

30 Absolutely Free SELF-CARE IDEAS WHEN YOU'RE ON A BUDGET

1. WALK A LOCAL TRAIL.
2. FIND A NEW PLAYLIST.
3. WRITE OR DOODLE IN A JOURNAL.
4. LISTEN TO AN INSPIRING PODCAST.
5. WASH OR CHANGE YOUR SHEETS.
6. FIND A NEW BOOK AT THE LIBRARY.
7. EAT OUTSIDE IN THE SUNSHINE.
8. FOLLOW INSPIRATIONAL ACCOUNTS ON SOCIAL MEDIA.
9. CLOSE YOUR EYES AND BREATHE DEEPLY.
10. DANCE LIKE NO ONE'S WATCHING.
11. LIST THE THINGS YOU'RE GRATEFUL FOR.
12. SAY POSITIVE AFFIRMATIONS.
13. DRINK A FULL GLASS OF WATER.
14. DECLUTTER YOUR HOME.
15. LEARN SOMETHING NEW.
16. FIND ROOM TO STRETCH OR DO YOGA.
17. WATCH A FUNNY VIDEO WITH A FRIEND.
18. LISTEN TO YOUR FAVORITE SONGS.
19. MAKE A VISION BOARD ON PINTEREST.
20. DONATE ITEMS YOU DON'T USE ANYMORE.
21. VOLUNTEER AT A LOCAL SHELTER.
22. CALL SOMEONE YOU LOVE.
23. SPEND TIME WITH AN INSPIRING PERSON.
24. PREPARE A DELICIOUS, HEALTHY MEAL.
25. GIVE A HUG TO SOMEONE.
26. WATCH THE SUNRISE, SUNSET, OR CLOUDS.
27. REFRESH YOUR MORNING ROUTINE.
28. PERFORM A RANDOM ACT OF KINDNESS.
29. TRY GUIDED PRAYER OR MEDITATION.
30. MAKE A LIST OF INSPIRING QUOTES.

START TODAY

Source:
<https://starttoday.com/blogs/lifestyle/30-free-self-care-ideas-when-youre-on-a-budget>

tips + resources
for COVID-19 Self-care and
Healthy Social Support

COMBAT COVID-19 LIKE A WARRIOR

✓ SOCIAL DISTANCING DOESN'T MEAN SOCIAL ISOLATION

Check in with yourself first: How are you feeling? Do you need to talk to a mental health specialist? Do you need to reach out to someone for emotional support? Check in with a friend, loved one or neighbor. Repeat questions you asked yourself

✓ SET A SCHEDULE AND PRACTICE DISCIPLINE

Set a routine schedule for getting up and going to bed every morning and night.
If teleworking, keep the same hours you had when going into the office.
Establish a routine for eating at healthy intervals. Take time every day to meditate, pray, and focus on your breathing. Find your happy place.
Practice Yoga--yoga is perfect way to center yourself and release tension and stress.
Limit being on social media and watching TV.

✓ PRACTICE MINDFULNESS AND DAILY GRATITUDE

A positive mental attitude is key to overcoming any obstacle and challenge in life--COVID19 is no different.
Stay in the present moment: don't worry about tomorrow. Deal with tomorrow when it comes. Be thankful for today and grateful for what you have right now. The gift of life alone is worth being grateful.

✓ LEAN IN TO YOUR INTERESTS, TALENTS, AND GIFTS

Every one was endowed by the Creator with a unique gift and talent. What is yours? All too often the hustle and bustle of our daily lives and daily worries over shadow and smother our gifts. Use this time to sharpen your gifts and talents. Start a new hobby or practice a talent that has become dormant. Re-envision your dream. Learn something new.

✓ FOCUS ON HEALTH AND HEALING

Eliminate stress and stressors.
Eat healthy. Limit sugar and carbs intake.
Do at least 30 mins. physical activity--walk, run, work in yard. Get fresh air and sun light
Breath, breath, breath.
Get professional help to heal from trauma wounds and from what Eckhart Tolle refers to as "the pain body" --an accumulation of old emotional wounds, affecting our health and sense of well-being physically, emotionally, mentally, and energetically.

✓ FIND SOME ONLINE RESOURCES FOR...

- Joining an indoor fitness group
- Learning a new talent or hobby
- Getting Mental Health education (I personally like Dr. Tracy Marks on YouTube)
- Finding healthy recipes for homecooked meals
- Accessing reliable and factual Health informaton and updates on COVID-19--i.e. CDC, DHHS
- Starting a new business, budget management
- Learning about new cultures



SELF-CARE RESOURCES

Fitness Gurus

<https://hellobeautiful.com/3101568/log-on-black-fitness-bloggers-that-will-whip-your-quarantine-body-into-shape/>

Self-care and Mental Health Blogger

<https://www.blessingmanifesting.com/>

Mental Health America

<https://www.mhanational.org/staying-mentally-healthy>

Dr. Tracy Marks

<http://markspsychiatry.com/>

AARP

<https://www.aarp.org/home-family/voices/black-community/>

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