

Presentation For: Henry County Teacher's Association

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# BE D·B·H·D·D

Georgia Department of Behavioral Health & Developmental Disabilities

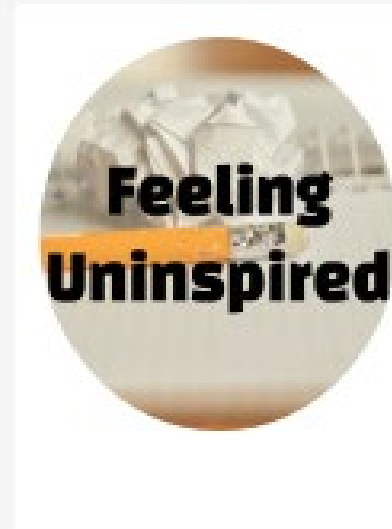
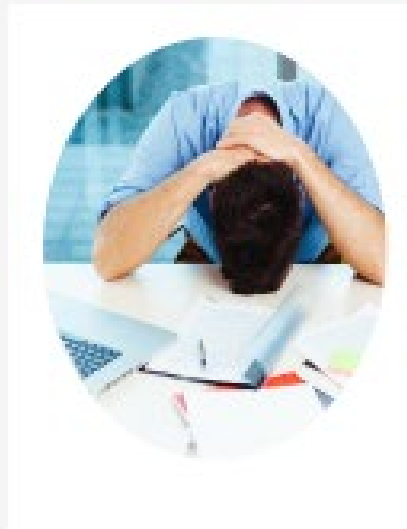
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February 2021



# Mental Health In A Pandemic: *Strategies for Maintaining, Coping and THRIVING.*

# *Real Talk*

Any of this resonate with you?



# We Are In This Together!

This is not about one of us, but all of us. The more we work together the better our outcomes.

The best advocate for what you need will always be YOU.

Acknowledge the multiple traumas.

Find support (like today!) in your community, family, friends, neighbors, church, etc.

Extend grace and patience. We could all use it.

# Co-existence with COVID

- Opportunities
- Challenges
- Adaptability
- Perseverance
- Courage







*8 Strategies for thriving  
through the chaos.*

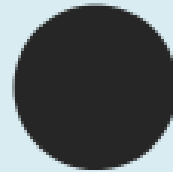
*How do I survive  
& thrive?*

*“What you need to  
survive and thrive is  
already in YOU.”*

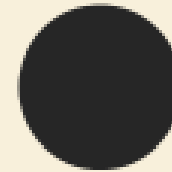
# Strategy 1

## Purpose

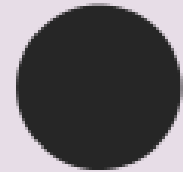
*"You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and do them so well that people can't take their eyes off you." – Maya Angelou*



Time



Focus



Dedication

# Strategy 2 Perseverance

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## *Strategy 3*

# *Lesson of Failure*

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- Perfection is not the goal.
- Failures lead to lessons and experience.
- Take those experiences to learn and grow!
- Give yourself GRACE.

# Integrity

1. Doing the right thing when no one is looking.
2. Being for the right thing even when it is not popular.
3. Willingness to stand on your belief systems when faced with hard decisions or adversity.

## Keys:

Respect

Consistent

Transparent

Fair

# Let's Discuss

What are my non-negotiables?  
(write these down)

How do I act/respond when my  
integrity is questioned?

How do you plan to stay grounded  
in your core integrity principles?

A large, stylized orange wavy line with a red shadow, resembling a handwritten 'hmm' or a sound effect.

# Tolerance

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Empathy

Grace

Wisdom

***Courage.***

*"Find your inner s(he)-ro"*





## Love & Support

- Have you checked your circle lately?
- Do you give more than you receive?
- Are you holding on to toxic relationships?
- Do you set boundaries, even with the people you love?
- Do you have a strong support cast?

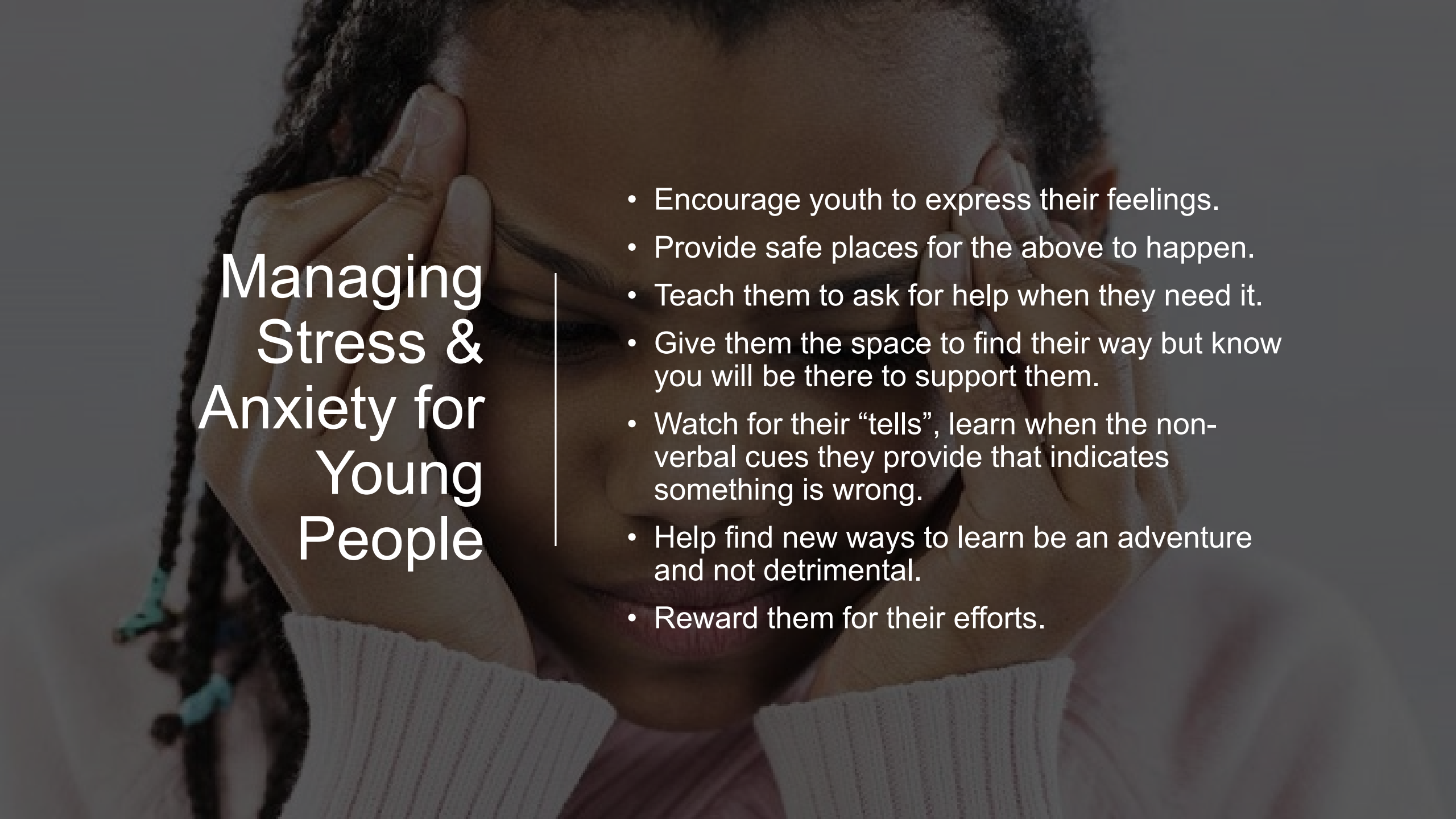


## Self-Care & Mental Health Wellness



*Let's talk self-care:*

- Know your triggers
- Establish appropriate boundaries
- Give grace to yourself & others
- Put your self in time out when needed
- Remember to care and have empathy for others and yourself
- Embrace change vs fighting against them
- Find your next adventure
- Write this plan in a pencil; adjustments will be needed!



# Managing Stress & Anxiety for Young People

- Encourage youth to express their feelings.
- Provide safe places for the above to happen.
- Teach them to ask for help when they need it.
- Give them the space to find their way but know you will be there to support them.
- Watch for their “tells”, learn when the non-verbal cues they provide that indicates something is wrong.
- Help find new ways to learn be an adventure and not detrimental.
- Reward them for their efforts.



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." —  
Maya Angelou

# Additional Behavioral Health Resources

- Georgia Crisis and Access Line (GCAL)
  - (800) 715-4225
  - MyGCAL app (App Store and Google Play)
- National Disaster Distress Helpline
  - (800) 985-5990
  - Text TalkWithUs to 66746
  - TTY (800) 846-8517



- <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A large blue ribbon graphic with a 3D effect, featuring a darker blue shadow on the left and bottom edges. The text "Thank you!" is written in white on the top surface of the ribbon.

# Thank you!

- Please drop any additional questions in the Q&A.
- To reach Monica Johnson – [monica.johnson@dbhdd.ga.gov](mailto:monica.johnson@dbhdd.ga.gov)