



COVID-19 Vinalhaven Emergency Operations Center (EOC)

Andrew Dorr
Town Manager

Marc Candage
EMA Director

Kerry McKee
EMS Director

Jen Desmond
Public Health Officer

Pat Lundholm
Public Information Officer

Gabrian McPhail
Community Outreach
Coordinator

Tanya Robishaw
EOC Support Staff

Janica Barrows
EOC Support Staff

EOC Email
VHEOC@
townofvinalhaven.org

Town of Vinalhaven
19 Washington School Rd
Vinalhaven, Maine 04863
Phone: 207-863-2042
Cell: 207-266-7806
Fax: 207-863-4393
www.townofvinalhaven.org

COVID-19 Daily Update 3-27-20

All of us, without exception, are finding the social distancing that we must practice to be a challenge. Some handle it well, others are missing the warmth of interactions with other people. Some are anxious about the uncertainty to come.

“Peace..... It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of all that and still be calm in your heart.”

Kelly Richards, who teaches stress relief to adults and children, lives her life with this view. She has offered to be a resource to the community to help us achieve calm in the face of the storm.

Today, from Kelly:

Anxious?

Of course we are. Our emotions arise naturally in response to situations and this is a very challenging situation, so it elicits lots of emotions: anger, frustration, helplessness, fear, sadness, and especially anxiety. Anxiety comes when we face something unknown and we aren't sure if we're up to it (or suspect we're definitely not up to it!).

The current health crisis is completely unknown and continually changing, so anxiety is natural. But it doesn't feel good, and a steady diet of anxiety is unhealthy. So what to do?

We can't stop ourselves from feeling one emotion without shutting down the others. Pretending we are not upset just adds unnecessary complication and that kind of pretending feels as unpleasant as the anxiety it's covering up. So those approaches don't work. We can, however, learn to manage difficult emotions. We can intentionally loosen their grip on us.

As soon as we recognize we're experiencing anxiety, we can check whether there is an action we can take to reassure ourselves - a family member we need to call, for instance, or the anxiety signals time to step away from our computer screen, emails, or tv news.

If the anxiety is not prompting an important action, if it's a kind of low level buzz in our mind, then we can choose to disengage from it. We can take a break. Think of it as a health break, strengthening the immune system. What constitutes a healthy distraction is different for each of us. Here are a few to consider:

- *exercise (split wood, take the dog out, try a dance video)*
- *bake something delicious (share with a neighbor)*

- *listen to favorite music*
- *learn something new (whittling?)*
- *picture puzzles, ken ken, crosswords, solitaire*
- *begin a project (paint the back hall, clear out the closet)*
- *pick up an old hobby (guitar?)*
- *build a fort or obstacle course with a child*
- *re-read an old favorite (Hardy Boys, anyone?)*
- *teach a dog a trick*
- *pick up trash on roadsides, rake up leaves*

It's all about treating ourselves kindly. Our brains are wired to look for bad news in order to keep us safe, but we don't have to wallow in it.

We can thank the internal worrier, and then give our mind something else to think about—something more fun. There's plenty of time to enjoy a romp around Lane's Island; the health crisis will still be there when we get back.

Resources for Managing Stress and Anxiety

Call the **Maine Warm Line** 24/7 for connecting with someone if you need mental and emotional support and are feeling isolated at **1-866-771-9276**

ICMS offers behavioral health services. Contact the ICMS office at **1-207-863-4341**

Contact **Vinalhaven's Emergency Operations Center (EOC)** to add yourself or someone you care about to the "Pandemic Storm Call List". Folks on the list will get a regular call from a helpful volunteer who can provide information, accurately answer questions, and simply listen. **1-207-863-2168** or **VHEOC@townofvinalhaven.org**

Call the **Maine Statewide Crisis Hotline** 24/7 for immediate crisis-oriented help at **1-888-568-1112**

If you have questions about or want to see any of the information we have offered, you can find them on the Town's website at **www.townofvinalhaven.org** or view the resource page in the Wind. You can also call the Town Office to get more information about recommendations or available resources.

1-207-863-2168

1-207-863-4471

VHEOC@townofvinalhaven.org