



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 Contact
VHEOC@
townofvinalhaven.org
207-863-2168

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 4-17-20

LIVING BETWEEN THE LINES

What does it mean to be resilient?

When we are in our Resilient Zone, we may experience ups and downs in energy and emotions but we are able to think clearly, make decisions, solve problems, create, and connect with others. Sometimes things happen that bump us out of that Zone and we get stuck in too high (bursting with the energy of anger, extreme fear, or distress) or too low (numb with sadness, or hopelessness). Those “things” can be as simple as an argument or as complex as a pandemic and they happen to all of us.

Resilience is the ability to recognize when we are getting stuck, and make a shift to bring our nervous system back into balance. We can do that by shifting our attention from the stressor to immediate sensations that are pleasant or neutral. (Example: turn off the news, and pay attention to the good smells in the kitchen, or find a piece of favorite music to listen to.)

We can also return to our Resilient Zone using our imagination and memory (for instance calling to mind a time when we felt safe, or comforted). Finally, thinking about things we are grateful for can shift us out of stressed thoughts like ruminating, worrying, or blaming. There is always something to be grateful for especially if you focus on small things in the present moment (the way the steam is rising from this mug, the honeybees busy in the crocuses).

We asked our Public Health Team how they have been working on staying between the lines while doing their high stress work.

Andy and Kerry share their thoughts; look for the coping strategies of Marc and Jen tomorrow.

From Andy

What I do to lower my stress/anxiety...

- Dog is man's best friend... exploring the island's many trails with Kate and Piper (our dog) and watching Piper swim/fetch sticks
- Cooking dinner after the day's work.
- Looking forward to warmer weather, motorcycle rides, and the smell of grilled food.

From Kerry

These are tough times. I feel like “normal” is already an elevated state of stress. I try everyday to find a quiet moment to remind myself of all the things I am grateful for. I really find solace in zooming with my children and grandchildren or a conversation and virtual tea with a friend. Unplugging from media and reverting to an old fashioned card game with my husband relaxes my brain. Although I haven't found an enormous amount of spare time, gardening and helping things grow grounds me. I always feel better in the company of my plants.

Attention Mask Makers and Wearers of Those Masks: We can't thank you mask makers enough for your tireless production of masks. Here is a fun video, that we share with appreciation: youtu.be/SrxJkVebwDI