



March 6, 2020

The following update was posted in the Ardenwoods internal weekly newsletter.

Update from Pam Pate, Executive Director:

I don't know about you but I am feeling a little overwhelmed by the seemingly endless stream of gloom and doom this week. Between the coverage of coronavirus and the stock market it is easy to lose perspective and feel very worried and pessimistic. Needless worrying isn't just a waste of energy; it can also cause anxiety, and anxiety is not good for the immune system. In an article I read this week I found the following comments from author, Paul Krismer to be very helpful:

“All emotions should be respected, so allow yourself to feel whatever you are experiencing instead of pushing them away.” At the same time, Krismer advises not to wallow in that negative emotional space for too long.

“You also have to take a rational perspective to this very real and complex issue and ask yourself some important questions, such as: ‘How much is Covid-19 interfering in my life, what precautions can I take and how can I manage the uneasiness I have been feeling?’ You will find that once you've taken a more practical approach to the problem, the worries and fears will feel far less overwhelming.”

Worrying also tends to transport us into the future, but the future is almost always beyond our control. “It is also important to be here, in the present and in the ‘now’,” says Krismer. “Many of us have this constant stream of chatter flowing in our heads that's telling us what to think about or worry about. But we have to remember that is not our current reality. At this current moment, most of us are healthy; our loved ones are well, and life is fine. So, be grateful for the things that are going well in your life right now and focus on the present – it is a powerful antidote to worrying about the future, or indeed the past.”

Here at Ardenwoods, we continue to follow the disease prevention protocols that I outlined in my letter to you earlier this week and you should continue to do the same. I know it sounds like a broken record, but hand washing is still the single most important thing everyone can do. We continue to receive COVID-19 updates from state and federal agencies and as of today there is still no widespread concern in NC. There are two presumptive, unrelated cases in the state-one person who had been exposed in Washington State and the other had traveled to Italy.