



April 30, 2020

## **4/30/2020 COVID-19 Updates**

### **Three New Cases of COVID-19 in Chautauqua County Today**

#### **Chautauqua County statistics:**

- 36 confirmed cases, including 3 new cases - one female in her 30s and two females in their 60s;
- 7 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 26 recovered cases;
- 3 deaths;
- 38 cases under quarantine/isolation orders by the Public Health Director and being monitored. Not all of those being monitored are confirmed to have COVID-19 but have either shown symptoms, are awaiting results, or have risk factors; and
- 845 negative test results to date.

#### **JOURNALING FOR STRESS MANAGEMENT**

Journaling is the simple act of putting words on a piece of paper. It generally involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life. Journaling can be stress relieving when the practice is focused on gratitude or emotional processing.

One of the most effective ways to reduce stress with journaling is to write in detail about feelings and thoughts related to stressful events.

Unlike more physical stress management techniques, such as yoga or exercise, journaling is a viable option for people with a physical disability, and all that is required is a pen and paper (low cost stress management).

Research shows the following health benefits from journaling:

- Decreases the symptoms of asthma, arthritis, and other health conditions;
- Improves cognitive functioning;
- Strengthens immune system response; and
- Counteracts many of the negative effects of stress.

Journals don't have to have perfect penmanship, perfect grammar, or all the answers. A journal is a writing of thoughts and emotions; make it your own; do what feels right.

For the sake of example, we offer a journal entry, voluntarily submitted by a Health Department staff member.

*April 30, 2020*

*Well, it has been approximately 60 days since we started following the coronavirus journey in Chautauqua County. Did any of us really imagine how our lives would change? We went from unrestricted living to restrictions placed upon us to keep us well. Restrictions that are not only to keep us well, but also to keep others well.*

*We keep our distance. We don't shake hands or hug. We wash and sanitize our hands more than we ever did before. And yet, somehow, distancing has made us closer. We care more. We care enough to think of others. We cover our face to protect those we come in contact with. It, in a very short time, has become almost commonplace. A small thing to do to protect the people we love and live with.*

*Have you learned to be grateful? Grateful that the landscape, over the past two COVID months, has turned from brown to almost green; Grateful that we have the technology to keep in touch with videoconferencing, Zoom, FaceTime, etc.; Grateful that telemedicine is an option; Grateful that our hospitals have not been overwhelmed; Grateful that our children are safe at home or daycare; Grateful that we still have takeout/pick-up food options; Grateful for essential businesses keeping us stocked with everyday needs; Grateful for pharmacies that assure we can continue to take prescriptions...and the list goes on.*

*Are we exhausted, overwhelmed, sad, lacking enthusiasm? Of course, sometimes. I think it is necessary to feel these things. We need to grieve for what was, but then we have to move on. We can't dwell in the grief. We learn, we change, and we emerge stronger. Change doesn't always come easy, especially when it is not our choice. But, it does come. What if...transportation from steam engine to current transportation options had not changed; what if phone service had not changed to include cell phone service; what if...*

*What does tomorrow look like? May 1, 2020. Do you think we could blink and be back to "normal"? What if, tomorrow brings a new normal, a normal that where communities are healthier; a normal where we think about small businesses a little bit more; a normal where you call or send a card to a friend; a normal where you notice that flowers are blooming; a normal where you have compassion and a smile for...well, everyone. Tomorrow, when I wake up, I am going to be grateful...with the belief that we will be ok...whatever that means, we will be ok. And, I will wake up to do my part...I play a part in making a better tomorrow.*  
~ Me

**If you are having a difficult time dealing with stress, there are resources available to help.**

- Mental Health Crisis Hotline: 800-724-0461 (24/7);
- New York State COVID-19 Emotional Support Hotline: 844-863-9314 for mental health counseling;
- Chautauqua County Crisis Hotline: 1-800-724-0461 (24/7);
- Jamestown Psychiatric PC: 716-708-1101 (10 AM – 6 PM);
- Call A Pastor Crisis Line: 716-226-1494; and
- Many other community resources can be found in The United Way's Resource Guide:  
<https://www.uwayscc.org/covid-19-get-help>

**Link to Chautauqua County COVID-19 Map:**

<https://chautauquacounty.maps.arcgis.com/apps/opsdashboard/index.html#/012d07321ad6415c8cf17c4f673643c9>