

Remaining Calm in the Midst of Chaos

March, 2020

“During bad circumstances, which is the human inheritance, you must decide not to be reduced. You have your humanity, and you must not allow anything to reduce that. We are obliged to know we are global citizens. Disasters remind us we are world citizens, whether we like it or not.”

Maya Angelou

According to a recent World Health Organization Situation Report, COVID-19, otherwise known as Coronavirus, has affected 209, 839 people worldwide, resulting in 8,778 deaths, globally. Currently, the Centers for Disease Control report that 10,442 Americans have been diagnosed and approximately 150 Americans have died since this outbreak. We are living in uncharted territory as we all cope with this pandemic. Living with the unknown can be anxiety provoking.

It has caused many leaders such as business owners, government officials, and healthcare administrators, to name a few, to make multiple changes in plans as they make efforts to prevent the spread of this virus. Many states have declared emergencies and government officials are working diligently to set rules and regulations to enforce safety measures. As businesses have employees work remotely and schools are closed, social isolation grows. This may be a welcomed break from life’s busyness for some but may be challenging for others, resulting in increased fear and a limited support network as social gatherings are being prohibited.

Embracing the circumstances and trying to focus on aspects of the situation that can be controlled is encouraged in an effort to minimize anxiety during this stressful time. Following the guidelines from the Centers for Disease Control is recommended (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>). While stocking up on groceries and essentials is important, maintaining our humanity as we do it is imperative. We are all in this together.

Remaining calm in the midst of chaos can be challenging but will ensure that circumstances do not alter our character as we interact with people, whether it is strangers or loved ones. Using coping skills to manage frustrations during this difficult time may help to reduce the likelihood of misplacing anger.

Making efforts to use this time to increase quality time with family and friends is encouraged. Some ways to bond at home include cooking together, having a movie night or game night. Starting a book club or an exercise challenge from home are some ways to pass the time and reconnect with friends.

It is important to mention that the real heroes are the direct care healthcare workers who risk exposure to this virus by selflessly taking care of those who need them. Self-care is well deserved and encouraged for those in the healthcare field.

*Nicole Daisy, PhD
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ONLINE**COUNSELING**

In an effort to ensure safety and the continuity of treatment, online counseling will be provided beginning on March 30th.

Follow up with your therapist for additional information

24/7 Crisis Hotline

Long Island Crisis Center

(516) 679-1111

Testing for COVID-19 is available at Jones Beach.

For information on how to make an appointment at the drive-through testing site at Jones Beach, health officials say to call the New York State Novel Coronavirus (COVID-19) Hotline at 1-888-364-3065.

[Speaking to your child about COVID-19 and helping them manage their anxiety](#)

Below are two articles (in English and Spanish) from the Child Mind Institute that offer suggestions regarding ways to speak to your children and support them through this health crisis:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://childmind.org/article/como-apoyar-a-los-ninos-en-la-crisis-del-covid-19/>

We, at the Derner Hempstead Child Clinic want to wish you health and peace as we face the challenges ahead.

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