Welcome to the first edition of *PM&R Is Resilient*. The goal of this communication is to provide a department-wide resource to support our PM&R Team and promote their well-being during the COVID response period. Each edition will provide tips and resources – both internal to Hopkins and external – that promote adaptive coping, assist folks in managing their professional and personal stress, and support resilience. We will e-publish *PM&R Is Resilient* each Tuesday and Friday. **Thank you** for all that you are doing to put the welfare of our patients first. Be proud of your work and dedication. It is also important to care for yourself, your family, and one another.

**Today’s Tips and Resources**

1. **Be kind to yourself and others.** This is a difficult time for all of us, and feeling worried, sad, and other uncomfortable emotions through this time is normal, expected, and OK. It is OK to feel. Accept there are things we cannot control in this situation. In addition to acceptance there is action...

2. **Maintain as normal a routine as possible.** This will create a sense of normalcy and facilitate implementation of healthy habits.
   a. Maintain a regular bedtime and wake time.
   b. Make time for pleasant activities every day.
   c. Maintain healthy habits, which may require adaptation for social distancing (e.g., exercise, healthy eating).
   d. If working from home, get dressed and ready as if you were going to work in person.

   (Contributed by Rachel Aaron PhD, & Eva Keatley PhD, Psychology Fellow)

3. **Members of the RISE: Resilience in Stressful Events (RISE) Team are available 24/7** if you or your team is experiencing stress or would like to talk. CORUS them at JHH-PATIENT SAFETY-RISE Team (C2227)

   (Contributed by Kathryn Kaufman, Rehab Therapy Manager and Anne Evaul, Dept Administrator)

Finally, the PM&R leadership is here for you. If you are struggling and would like help, please let your supervisor or division director know. If you have a tip to contribute, reach out backchannel to one of the editors, see below.

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