Welcome to this edition of *PM&R Is Resilient*. The goal 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 provides tips and resources that promote adaptive coping, assist folks in managing their professional and personal stress and support resilience. Take time to take care of yourself and try one of the tips or resources so you can be healthy and resilient.

**Today’s Tips and Resources**

1. **Brain games**: These are activities that stimulate thinking, like puzzles, chess, Sudoku, and bridge, as well as creative endeavors such as learning a language, painting, or playing an instrument. Challenging yourself can be an effective strategy to improve your mood and coping skills. There is convincing evidence that brain games improve thinking skills, and reduce stress and anxiety. Recognize that challenging cognition can be fun and have the added benefit of improving well-being.

2. **Grieving during a time of crisis**: Encountering loss of someone or something during this COVID-19 pandemic can be psychologically taxing. It’s not uncommon to feel a fluctuation of emotion such as sadness, guilt, disbelief, or anger. These reactions are normal to experience. Consider using the following **grief support service** to help manage these emotions.
   a. Grief share: [https://www.griefshare.org/findagroup](https://www.griefshare.org/findagroup)

3. **Gardening feels so good**: Since it’s spring and the weather is warmer, it’s a good time to garden. Gardening is an enjoyable and productive activity with many positive results. Here is a list of 5 benefits.
   a. **Self-esteem**: improving mood by enjoying produce and tending to plants
   b. **Improve fitness**: activities such as mulching, hoeing, and weeding.
   c. **Fun time with family**: spend time with family maintaining the garden.
   d. **Building positive habits**: develop patience, hard work, and care.
   e. **Healthy environment**: creating a natural habitat for insects, birds, and small animals.

As we are experiencing communal grief and destabilization of systems we depend on, it’s important to know that support is available to us during these times. It’s also important to recognize that we must explore activities that are challenging and fun to not only improve our health but to distract us. **It’s okay to be distracted**, as we wait for stability to return.

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