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. **Mental wellness challenge:** Try this 7 day challenge
   - **Monday:** Send a positive text to 3 people stating your gratitude.
   - **Tuesday:** Meditate for 5 minutes in the morning.
   - **Wednesday:** List 3 things you want to achieve for the day.
   - **Thursday:** Make someone laugh by telling a funny story.
   - **Friday:** Replace an unhealthy food choice with a healthy alternative.
   - **Saturday:** Clean and organize your living space.
   - **Sunday:** Go for a walk outside.

2. **Relieve stress and promote sleep with aromatherapy:** Sometimes called essential oil therapy. Aromatherapy uses extracted oils from plants in order to balance body, mind, and spirit. These oils can be diluted and sprayed into the air, be placed in a diffuser, or simply rubbed on the body. Some studies have shown that specific oils can reduce stress and promote better sleep. The following oils were studied to produce the aforementioned benefits. Give these oils a try: lavender, lemon, bergamot, Ylang Ylang, clary sage, and jasmine. Some people may have negative reactions to oils. Please contact your health care provider for further guidance.

3. **Save time with a workout by performing a circuit:** Circuit training involves several aerobic and anaerobic exercises in rapid succession with a short break in between exercises. Perform 3 circuits (all 6 listed below are considered 1 circuit) for a total of 7 minutes in total.


“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear” –Buddha

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