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. **Goal Setting.** Having trouble achieving your exercise goals? Set SMART (specific, measurable, achievable, relevant and time-bound) goals for exercise. The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.: (2020 Hydrate Marketing)

   - **S**pecific: Do: Set real numbers with real deadlines.  
     - Don’t: Say, “I want more visitors.”
   
   - **M**easurable: Do: Make sure your goal is trackable.  
     - Don’t: Hide behind buzzwords like, “brand engagement,” or, “social influence.”
   
   - **A**ttainable: Do: Work towards a goal that is challenging, but possible.  
     - Don’t: Try to take over the world in one night.
   
   - **R**ealistic: Do: Be honest with yourself— you know what you and your team are capable of.  
     - Don’t: Forget any hurdles you may have to overcome.
   
   - **T**ime-bound: Do: Give yourself a deadline.  
     - Don’t: Keep pushing towards a goal you might hit, “some day.”

2. **Emotional allowances:** This is a period that can bring about various types of feelings and it is important to remember that all feelings are acceptable (RISE and Holistically Grace)

   - Yes, we can feel grateful AND disappointed about things being cancelled
   - Yes, we can enjoy extra time with loved ones AND feel overwhelmed by their presence
   - Yes, we can be hopeful AND feel like everything is falling apart
   - Yes, we can be a source of support for others AND prioritize our needs, fill our own cup

Taking care of ourselves is the best way to take care of others, whether they be family, friends, patients, or co-workers." George Everly, Professor International Health, Johns Hopkins Bloomberg School of Public Health

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