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. **Stay Hydrated.**
   It's one thing to know you need to drink enough, but it's another thing to make sure you're consistently consuming enough liquids. Here are some simple suggestions to help you stay hydrated every day:
   - *Don't wait until you're thirsty.* Try to sip something regularly throughout the day or, at least, drink a glass of water before and in between meals.
   - *Eat fruits and vegetables.*
   - *Carry a reusable water bottle with you.*
   - *When you're feeling hungry, drink water.*
   - *Drink before, during, and after exercise.* When you sweat, that's fluid escaping your body, and you need to replace it. Make sure to drink extra water when you exercise or engage in any activity that exceeds what you typically do every day. [https://www.riteaid.com/articles/tips-for-staying-hydrated-24-7](https://www.riteaid.com/articles/tips-for-staying-hydrated-24-7)

2. **Couch to 5k Training:** There are many guides out there. Find one that works for you – here are two examples found on the following page [https://www.nerdfitness.com/blog/couch-to-5k-crucial-things-to-know-before-you-start-training/](https://www.nerdfitness.com/blog/couch-to-5k-crucial-things-to-know-before-you-start-training/). Make sure you are FIT TO RUN and not RUNNING to GET FIT. This is a big mistake that many will make as the temperature starts to rise and people get more excited to be outside.

   **Steps to start:**
   1. Are you healthy enough to run?
      - Consult with PCP prior to starting a new workout routine
      - Have you completed lower level exercises?
      - Walking programs where you attempt to walk 7-10k steps per day
      - Bodyweight exercises prior to starting this program
   2. Do you like to run? *If in two weeks you hate it, quit! No shame. Not everyone enjoys it. Check it off and move onto another activity*
   3. Proper attire?
   4. FUEL: make sure that you are getting enough calories IN to fuel your body for the increase in exercise
   5. Set mini-goals – hold yourself accountable!
   6. Set an end goal – find a 5K to train for 2-3 months away from your start date. *We hope that we will be able to start these races up again, but if not, you can still hold yourself accountable that day and run it on your own!*

   “Don’t judge each day by the harvest you reap but by the seeds that you plant.”
   —Robert Louis Stevenson

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