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. **Work Space Ergonomics:** We all know that moving to more telework has been a little stressful and we are here to support you. Something that can be missed a lot of times when transitioning to a home setup is the actual space and setup of your work. OSHA has a few great handouts and checklists that will provide you with ideas on how to set up your workspace for success. We tend to be more productive in a comfortable space. Other things to consider: noise in the area, proper lighting (natural sunlight or overhead/desk lamps), and temperature.

   ![Upright Sitting](https://www.osha.gov/SLTC/etools/computerworkstations/positions.html)

   ![Standing](https://www.osha.gov/SLTC/etools/computerworkstations/positions.html)

2. **Finding Joy every day:** Join us in finding a piece of joy daily. Make a list of ten things, big or small, that you can do/see/hear in your day to day life. Then use this week to work on checking off that list. Every time you find joy in something, it will make you smile. Smiling helps with releasing those “feel good” hormones to help us in this uncertain time.

   “Folks are usually about as happy as they make their minds up to be.”

   — Abraham Lincoln

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