Welcome to this edition of *PM&R Is Resilient*. As the COVID 19 situation unfolds we need to continue to adapt. *PM&R Is Resilient* was one the first efforts to provide a department-wide resources to support our PM&R Team and promote their well-being during the COVID response period. Other Hopkins resources have now been developed. We will adapt our approach by continuing to distribute our original *PM&R Is Resilient* editions on each Friday. On Tuesday we will share with you resources that have been identified by other Hopkins publications.

More than ever, as we come to face the long term issues of COVID 19 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. **Taking time recreate and “re-create”**. Vacation and time away from work is when we recreate- do what we enjoy- whether that be visiting with friends and family, travelling, relaxing at home or doing that home project. It is also a time to “re-create”- recharge our energy and make life that is not work focused. For many the pandemic has led to the cancelling of events and scheduled vacation plans. Others are having to use PTO for childcare or other responsibilities, and still other families are dealing with time off from work due to reduced hours.

   Talk with the important people in your life about how you will recreate as the weather gets warmer and we traditionally plan time off. Whether that be a staycation- with a walk around your hometown, a day trip as stay at home is gradually lifted, a self-care day with just doing nothing or time spent on planning a trip for the future. We cannot wait for the pandemic to past to rest and recreate. We can use time off whether planned or unexpected to improve our health and well-being.

2. **Healthy Alcohol Use**. Whether it is Zoom Happy Hours with friends/family or Quarentinis while reading the paper or watching TV, what started out as a way to relax can become a habit. In moderation, alcohol use is not problematic. Experts define moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men, as they metabolize alcohol differently. To learn more go to [https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets](https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets). Enjoy and be healthy.

To quote Redonda Miller- *“While we hope our “new normal” is only temporary, we are so thankful to know that some things will never change: You are, and forever will be, the best team around.”* 

............*Ain’t it the truth (especially in rehab).* (to quote the Wizard of Oz Cowardly Lion)

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