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. **Don’t overindulge in unhealthy self-soothing.** Wine, candy, chips, soda. All are fine in moderation. When humans are under stress (including isolation) we go into self-soothing strategies. Self-soothing strategies are ways that we calm ourselves down when under stress. Though alcohol or junk food may help your mental health in the short term, it will affect your physical health, and therefore your body's resistance to infection. Limit drinking and consumption of sugary or processed foods.

2. **Maintain your sleep routine.** Sleep is essential in keeping you healthy in the face of COVID-19. Make sure you're practicing good sleep hygiene, keeping your sleeping environment cool, dark, and quiet. Limit blue spectrum light before bed with special glasses or programs like *Nightshift* on Macs, iPhones and iPads, and *f.lux* on PCs and smartphones.

3. **Get sun.** Vitamin D is important in the immune response. Getting sun will increase your vitamin D reserves. Opening shades and windows, sitting in sunny areas of your home, and even getting outside when social distancing is possible (maintaining 6 feet between yourself and others).

“Live as if you were to die tomorrow. Learn as if you were to live forever.”  
— Mahatma Gandhi

*PM&R is Resilient* Editorial Team – Erika Aksamit, Alba Azola MD, Eric Mahabir PT, DPT, A. Stacie Page PT, DPT, Stephen Wegener PhD