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. **Building mental toughness:** To be mentally tough refers to the ability to stay strong despite being faced with adversity. Mental toughness starts with you taking notice of negative thoughts, without identifying with those thoughts, and replacing it with optimism or positivity. Try these 5 techniques to build your mental toughness.
   a. **Positive thinking:** Put a positive spin on a negative thought.
   b. **Goal setting:** Write down 3 goals that you want to accomplish each day.
   c. **Visualization:** Spend 5 minutes mentally rehearsing a desired outcome.
   d. **Anxiety Control:** Take deep breaths by inhaling and exhaling slowly.
   e. **Attentional Control:** Turn off any external distractions and focus on a specific task.

2. **Healthy at Hopkins:** Learn more about resources and programs that covers healthy lifestyle strategies, such as exercise, diet, sleep, relaxation techniques, and mediation. **Receive cash incentives up to $500 by completing activities.** An ease way to rack up points is by tracking your daily steps, which can be synced from your smart device. If you haven’t done so, set up your account today.

3. **Resistance training to improve health:** Individuals of all ages who perform regular resistance exercises reduce risk of many diseases, improve quality of life, and reduce mortality. You can perform resistance exercises by using free weights, bands, machines, or body weight. No matter what training you do, you need to challenge the strength of your muscles to experience health benefits. **It is recommended by the American College of Sports Medicine to perform resistance exercises 2-3 times per week and to incorporate 8-10 multi-joint exercises that challenge major muscle groups.** This week, try to perform resistance training by performing deadlifts using dumbbells, squats using resistance bands, or body weight push-up’s.

“Positive thinking will let you do everything better than negative thinking will” – Zig Ziglar

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