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. **New to Exercising or Maybe Restricted in Mobility:** A set of exercises that will help you gain confidence and strength at the same time. Most will be done near a chair – so you could do them even once you return to work. Start with a set of 10 reps each and work your way through each. Challenge a co-worker or family member to try these out as well!

2. **Lung Health:** We all know that exercises is good for us – bone, muscle, cardiovascular, weight management, etc. but it is also great for lung health! Per the American Lung Association: “As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. National guidelines recommend that all adults get 30 minutes of moderate physical activity five days a week.” Some examples of breathing exercises (some have already been highlighted): pursed lip breathing and diaphragmatic breathing.

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

-Socrates

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