Welcome to the next edition of *PM&R Is Resilient*. The goal of this communication 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 will provide tips and resources that promote adaptive coping, assist folks in managing their professional and personal stress and support resilience. Take time to use one of the tips or resources so you can be healthy and resilient as we meet this challenge.

**Today’s Tips and Resources**

1. **Take time to calm your mind and body.** Stress causes us to hold our breath and our mind to race. Consider starting a mindful breathing practice. The Calm app (https://www.calm.com/) provides a daily meditation, sleep tools, skills for managing anxiety, stress, and creating a sense of peace. If you sign up with a Hopkins email it is free.

   (Contributed by Anna Agranovich PhD, rehabilitation psychology faculty)

2. **Helping our Children.** Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, or bedwetting.
   - Respond to your child’s reactions in a supportive way, listen to their concerns and give them extra love and attention.
   - Keep to regular routines and schedules as much as possible.
   - Provide facts about what has happened. Explain what is going on now and give them clear information in words that they can understand. Talk to them about how to reduce their risk of being infected by the disease—hand washing, coughing etiquette.

3. **Reflection.** Maintaining our perspective and practicing the Mindfulness skill of gratitude can help us be calm and grateful. Here is a timely reflection by Jeanne Rikkers, human rights activist:

   "Prayer for a Pandemic"
   
   May we who are merely inconvenienced,  
   Remember those whose lives are at stake.  
   May we who have no risk factors,  
   Remember the most vulnerable.  
   May we who have the luxury of working from home,  
   Remember those who must choose between preserving their health or making their rent.  
   May we who have flexibility to care for our children when their schools close,  
   Remember those who have no options.  
   May we who have to cancel our trips,  
   Remember those that have no safe place to go.  
   May we who are losing our margin money in the tumult of the economic market, Remember those who have no margin at all.  
   May we who settle in for a quarantine at home,  
   Remember those who have no home.  
   As fear grips our country,  
   Let us choose LOVE.  

   (Contributed by Megan Hosey PhD, rehabilitation psychology faculty)

Let us be mindful of those on our teams who are experiencing hardship or placing the care of patients above their own needs. We are grateful.

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