Welcome to this edition of *PM&R Is Resilient*. The goal 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 provides tips and resources that promote adaptive coping, assist folks in managing their professional and personal stress and support resilience. Take time to take care of yourself. Try one of the tips or resources so you can be healthy and resilient.

**Today’s Tips and Resources**

1. **Communication is key in a crisis.**
   - Be clear and positive. Communicate with colleagues clearly and in an optimistic manner. Identify mistakes or deficiencies in a constructive manner and correct them. Compliment each other—compliments can be powerful motivators and stress moderators. Share your frustrations and your solutions.
   - Respect Differences. Some people need to talk while others need to be alone. Recognize and respect these differences in yourself, your patients and your colleagues.
   (Contributed by Julie Krief Safety and Quality Officer - PMR RTS)

2. **Walk and Wave at Lunch.** Even though we need to keep a safe distance we can still get out and walk and wave at others. Whether you are working at home or in the usual clinical space. Take time to walk at lunch. Top reasons to walk:
   - Your health - benefits of a simple, brisk walking routine are well-established.
   - Sitting all day is bad for you. Extended time sitting at your desk isn't good for your body and may even counteract that effort at the gym. We’re designed to move! Small bursts of activity during the day go a long way toward improving your health.
   - Nature! While moving at lunch is good for your body, getting out in nature on your break could be good for your soul. Many studies point to a positive relationship between time spent outdoors and mental well-being.
   - Your brain (and your boss) will thank you. Taking a walking break can help improve your focus once you get back to your desk.
   (Contributed by Eric Mahabir, PT, DPT)

3. **Information – use it wisely.** Rely on trusted sources of information. Read the Hopkins COVID communications and those from the Department. Limit Media Exposure. Graphic imagery and worrisome messages will increase your stress and may reduce your effectiveness and overall wellbeing.

Remember despite obstacles or frustrations, you are fulfilling a noble calling—taking care of those most in need. Recognize your colleagues—either formally or informally—for their service.

*PM&R Is Resilient* Editorial Team – Erika Aksamit, Alba Azola MD, Eric Mahabir PT, DPT, A. Stacie Page PT, DPT, Bobby Walsh MS, OTR/L, BCMH, Stephen Wegener PhD