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 and try one of the tips or resources so you can be healthy and resilient.

**Today’s Tips and Resources**

1. **Take care of your basic needs:** Ensure rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with your support system, family, and friends.

2. **Use a grounding technique to manage feelings of stress or being overwhelmed:** This can ground you in the present when your mind is bouncing around between various thoughts. Acknowledge and/or say:
   a. **FIVE** things you see around you
   b. **FOUR** things you can touch around you
   c. **THREE** things you hear
   d. **TWO** things you can smell
   e. **ONE** thing you can taste.

3. Can’t get to the gym? The YMCA launched **on-demand exercise and youth programs called YMCA 360**, including barre, boot camp, yoga and more to support the health and well-being of everyone staying home. **Access YMCA 360 HERE.**

4. In a previous issue of PMR is Resilient we mentioned the Calm app that offers free subscription for JH employees. It provides various short guided meditations to help keep our mind in the present. Some folks were having difficulty accessing. Use this website [https://www.calm.com/jhu](https://www.calm.com/jhu). You will need to enter your Hopkins email address and your password. It appears to be working now.

Remember, it’s not selfish to love yourself, take care of yourself, and to make your health and happiness a priority. **It’s necessary.**

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