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 Breaks.** Whenever possible, allow yourself to do something unrelated to work that you find comforting, fun or relaxing. Taking a walk, reading a book, or talking with a friend can help. Recognize that taking appropriate rest leads to proper care of patients after your break.

2. **Stay Connected:** Reach out to family, friends, colleagues and your favorite community groups for social contact. Call, Facetime, Zoom, Skype or try Google Hangouts to reduce your isolation. Meaningful and fun connection, emotional support and healthy problem solving are vital to your health and well-being. Consider joining another family or friend for a meal by social media to reduce isolation for everyone.

3. **CorePower Yoga** is offering free access to a limited collection of online yoga and meditation classes. Access them [HERE](#). Yoga and mindfulness help improve flexibility and strength and impact social, emotional, mental and physical health.

Increased demand for care, social distancing, and other unique stressors will test our flexibility and adaptability. We will all have to practice outside of the box—*It’s OK*. Ask for support, evaluate, modify, and move forward.

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