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. **Control:** There are some things you can control, and other things that you can do nothing about. The challenge is to separate these things so that you can take reasonable steps to protect yourself, but also let go of worries and anxieties that simply get in your way.
   a. **Things we CAN control and should focus on:** turning off the news, finding fun and relaxing things to do at home, following CDC and Hopkins recommendations and guidelines, keeping our social distance, limiting our social media use
   b. **Things we CANNOT control and can let go of:** how long this will last, how others react, predicting what will happen

2. **Music:** Listening to music has well documented therapeutic benefits. Find ways to incorporate relaxing or uplifting music throughout your day (e.g. as background music when you are working at your desk, or as a means to relax between meetings or patient care). Feel free to share your favorite song with your colleagues!

3. **Stay Fit While Indoors:** Orangetheory Fitness is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. Access these workouts [HERE](#). Exercising for 30-minutes a day can lead to enormous benefits in terms of your mood, health, weight, and the ability to live an independent and fulfilling life.

“Persistence and resilience only come from having been given the chance to work through difficult problems.”
— Gever Tulley

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