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. **Quick tips for getting the job done while working from home:**
   a. **Have a place in your house where you work, and another where you relax**: Avoid working from the couch, instead designate a table or desk as the working area. A place with a good source of natural light is ideal. Keep it clean of clutter to avoid distraction, and try decorating with flowers to make the environment feel fresh.
   b. **Figure out the tech set up that works for you**: Try using your TV as a second monitor via Apple TV + AirPlay. You can use your phone or an iPad during video meetings in addition to a laptop, that way you can take notes without switching screens.
   c. **Get dressed**: Keep up your morning routine, set your alarm to wake up, meditate, workout, catch up with the news... ect., shower, and put on "real" clothes: looking and smelling your best goes a long way.

2. **Coronavirus Sanity Guide**: This is a free resource with several short and longer meditation practices focused on dealing with stress and anxiety in the context of the COVID pandemic. It is updated daily with new resources and talks.
   Here is the link: [Coronavirus Sanity Guide](#) (Contributed by Anna Agronovich PhD, rehabilitation psychology faculty)

3. **Sesame Street’s “Caring for Each Other”**: This site created by the Sesame Street team helps families adapt to the “new normal,” it’s fantastic! It includes a video of a virtual hug from Elmo, family activities, help to create a daily schedule, and self-care tips for parents. **Here is one great tip:**
   - **Fill your cup**. Get a nice big glass of water and find a comfy spot to sit. Let your child know, “I’m just going to sit and (read/think/breathe) while I drink this glass of water.” Explain that you’ll be available once the glass is empty. Children have difficulty keeping track of time—this is a concrete way to help them understand that you are taking a few minutes to yourself.
   - **Click here to see more:** [Sesame Street’s "Caring for Each Other"](#)

“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience.”
— Jaeda Dewalt

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