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. **Quality time with our furry family members!**
   Walking the dog has been a popular diversion for many enduring the Coronavirus quarantine, with pets playing an important role in helping humans get through this difficult time. Having a pet increases exercise motivation, increases serotonin levels and has an effect on stress control. One fun activity to try is the most recent TikTok craze #levelupchallenge with your dog or cat. If you have not seen it yet click [here](#) to get a peek at this cute video to bring a smile.
   - Been thinking about a furry addition to your family?
     The local shelter, BARCS, is now open to the public by appointment only for adoption by emailing info@barcs.org or calling 410-396-4695, check out more details [here](#).

2. **Keep moving through quarantine:** Don’t sit all day! If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show! While at work, add in some short stretch and walk breaks between patients or Zoom meetings!

3. **Easy Recipes to Cook While You’re Self-Quarantined:** Being in quarantine does not mean that you have to sacrifice your palate! This New York Times article shows you how with a decently stocked pantry, you can make a wonderful meal out of a few staples. If you can safely get to the store or have groceries delivered to you, your choices are even greater. Click [here](#) for more info.

“I can be changed by what happens to me. But I refuse to be reduced by it.”

— Maya Angelou

*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