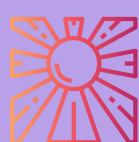


RESILIENCE WEEK VIRGINIA

MAY 3-9, 2020



SANCTUARY SUNDAY

sanc·tu·ar·y (saNGk(t)SHə,wərē)

noun: a place of refuge or safety

Where do you find sanctuary individually? Where do you find sanctuary with others?



MINDFUL MONDAY

mind·ful·ness ('mīn(d)f(ə)lnəs)

noun: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.



TRAUMA-INFORMED TUESDAY

trau·ma (troumə,'trômə) - in·formed (in'fôrmd)

adjective: becoming “trauma-informed” means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them.



WHIMSICAL WEDNESDAY

whim·si·cal ('(h)wimzik(ə)l)

adjective: playfully quaint or fanciful, especially in an appealing and amusing way. Today is all about play, creating fun art and humor.



TRANQUILITY THURSDAY

tran·quil·i·ty (traNG'kwilədē)

noun: the quality or state of being tranquil; calm. Where do you find tranquility? Create or find a calming space to practice tranquility.



FRIENDLY FRIDAY

friend·ly ('fren(d)lē)

adjective: kind and pleasant.

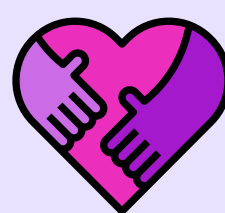
Find opportunities today to be friendly to others and practice random acts of kindness.



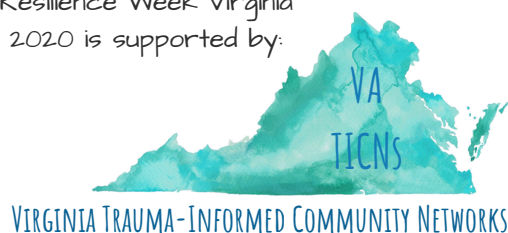
SELF-CARE SATURDAY

self-care (self'ker)

noun: the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



Resilience Week Virginia
2020 is supported by:



and
the



infographic created by:

