



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: SANCTUARY SUNDAY



#1 Sit quietly and just be

#2 Let solitude surround you

#3 Run along a river trail

#4 Pause to appreciate your family

#5 PUT YOUR PHONE away

#6 Volunteer to beautify your community

#7 Share your favorite quote

#8 Rest & relax

#9 Go to your favorite coffee shop

#10 Take a field trip to a wildlife sanctuary

#11 Teach someone your favorite card game

#12 Help someone feel safe

#13 Create your own wellness sanctuary.

#14 Have friends over for dinner

#15 Decorate a room in your home

#16 Savor your favorite food

#17 Think of your safe place

#18 Take your children to a new park

#19 Practice your faith

#20 Snuggle with a blanket and good book

#21 Do some spring cleaning!

#22 Put a welcome mat out at your home

#23 Take time to meditate

#24 Visit a botanical garden

#25 Take in a theater performance

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greater richmond
SCAN
stop child abuse now



Greater Richmond
Trauma-Informed Community Network



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- #26 Buy some fresh vegetables at a farmer's market
 - #27 Visit a library
 - #28 INVITE A FRIEND TO A COMMUNITY YOGA CLASS WITH YOU
 - #29 Reminisce with old friends
 - #30 Start a potluck group
 - #31 Create a new family tradition
 - #32 Support a local non-profit
 - #33 Join a community garden
 - #34 Take a day trip with friends
 - #35 Explore your family tree
 - #36 COOK a FAMILY RECIPE WITH YOUR CHILDREN
 - #37 Give your help at an animal shelter
 - #38 Make a pillow fort with your kids
 - #39 Visit your hometown
 - #40 Disconnect from work
 - #41 Spend time outside
 - #42 Learn about your community
 - #43 Call an old friend
 - #44 Reach out to a previous teacher
 - #45 Offer your expertise in a community workgroup
 - #46 Go for a family walk
 - #47 Subscribe to your local newspaper
 - #48 Adopt an animal
 - #49 Go to an open house
 - #50 Share your sanctuary with others

