

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? Find ideas [HERE](#)



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.

Find ideas [HERE](#)



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. Find ideas [HERE](#)



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. Find ideas [HERE](#)



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. Find ideas [HERE](#)



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. Find ideas [HERE](#)



SELF-CARE SATURDAY

self-care (self'ker)

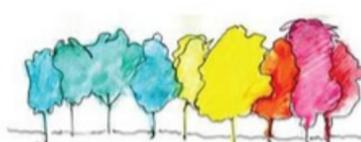
noun: the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Find ideas [HERE](#)



Resilience Week Virginia
2020 is supported by:



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