

20 WAYS TO BUILD RESILIENCE AT HOME

IDEAS FOR GROWN-UPS

#1 Release stress into coloring!

#2 Read a new ebook

#3 Make a new playlist or check out this one!

#4 Check in with friends & family via video-chat!

#5 Practice your spirituality.

#6 MAKE WORK FROM HOME FEEL DOABLE

#7 Tour a museum virtually.

#8 Exercise!

#9 Take a pause from the news

#10 ENJOY A BATH WITH A CALMING MEDITATION

#11 Quarantine & chill with Netflix Party.

#12 Make a facemask!

#13 Cook!

#14 Play a game with friends at home or online

#15 Find your inner child and listen to story-time

#16 Declutter & create a relaxing space.

#17 RECOMMEND A NEW BOOK

#18 Garden inside or out!

#19 PRACTICE YOGA

#20 Post using #ResilienceWeekVA to share what you are doing to build resilience at home!

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