

Resilience Week Virginia 2026

Building Community and Connection with the ACEs Aware 7 Stress Busters

Supportive Relationships | Mental Healthcare | Experiencing Nature | Quality Sleep
Mindfulness Practices | Physical Activity | Balanced Nutrition

For Virginia's 7th annual Resilience Week, we are focusing on building community and connection with 7 Stress Busters. Developed by ACEs Aware, the Stress Busters are seven ways you can manage your day-to-day stress as well as counter toxic stress from Adverse Childhood Experiences. In this resource, you will find links to information, guidance, and strategies for practicing each Stress Buster. Resilience is built in relationship with others, with your environment, with your self. These resources provide a starting place for how you can build resilience by caring for yourself and others and cultivating community connection.

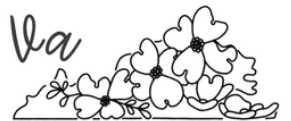
Supportive Relationships

- Resilience Week Mini Training: Supportive Relationships
- Join your nearest Trauma-Informed Community Network
- Learn about Responsive Caregiving from The Basics and Harvard's Center on the Developing Child
- Friendship Circle of Virginia
- Health-Promoting Relationships Paradigm Toolkit for Youth Ages 11-18
- Pods: The Building Blocks of Transformative Justice and Collective Care (also available in Spanish)
- Family Bonding Resources, Friendship and Community Resources, and Community Service Resources from Sesame Street Workshop
- 12 Elements of Healthy Relationships
- Learn How to Build Trust in Any Relationship
- Take a class at your local community arts center, community college, gym, garden center, etc.

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MAY 1-7, 2026



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Mental Healthcare

- [Resilience Week Mini Training: Mental Healthcare](#)
- [Virginia Mental Health Access Program](#)
- Find your local [NAMI Affiliate](#)
- [Understanding the Importance of Destigmatizing Mental Health](#)
- [Emotional Well-Being and Mental Health Resources for Families](#) from Sesame Street Workshop
- [How to Practice Gratitude](#)
- [Understanding and Caring for Individuals Affected by Toxic Stress](#)
- [The Intersection of Resilience and Neuroplasticity: Rewiring the Mind for Wellness](#)
- [Headspace App](#) | [Headspace YouTube](#) | [Calm App](#) | [Calm YouTube](#)
- Even if you feel short on time, take just a few minutes each day to do something that brings you joy

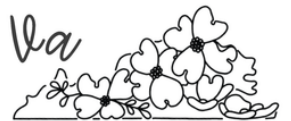
Experiencing Nature

- [Resilience Week Mini Training: Experiencing Nature](#)
- [Accessible Outdoor Adventures for Spring in Virginia](#)
- [Geocaching Activities in Virginia's State Parks](#)
- Explore a Nearby [Botanical Gardens or Arboretum](#)
- Join a Local [Birding Group](#)
- Enjoy the Benefits of [Forest Bathing](#)
- [Plant a Pollinator Garden](#)
- [Nature Walk and Roll for Children of All Ages and Abilities](#)
- Explore the importance of [equitable access to nature and the steps we can take to break down these barriers](#)
- Learn about [Tree Equity](#) and advocate for more green spaces in your community

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Mindfulness Practices

- [Resilience Week Mini Training: Mindfulness Practices](#)
- [Practicing Mindfulness](#) from Kaiser Permanente
- [Journaling for Mindfulness: 44 Prompts, Examples, and Exercises](#)
- [Staying Steady: Managing Stress in Parenting](#)
- [Mindfulness Exercises](#) from the Mayo Clinic
- [Practice Mindfulness with PBS Kids Shows and Games](#)
- [5 Mindfulness Activities for Kids](#)
- [How to Become More Mindful in Your Everyday Life](#)
- [The Transformative Effects of Mindful Self-Compassion](#)
- Take a moment each day to give your full attention to a single activity

Balanced Nutrition

- [Resilience Week Mini Training: Balanced Nutrition](#)
- [Learn about the Federation of Virginia Food Banks](#)
- [Find a Virginia Farmer's Market](#)
- Support your local community fridges or start one. Visit [RVA Community Fridges](#) for an example
- Volunteer with a community garden or build your own. Check out [Richmond Grows Gardens](#) for tips
- Learn about [Community Supported Agriculture \(CSA\)](#) and search for a CSA option near you
- [Eating Well Family Resources](#) from Sesame Street Workshop
- [Cooking as a Family: Getting Kids to Help in the Kitchen](#)
- Start a [Windowsill Herb Garden](#)
- Take a community cooking class

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Physical Activity

- Resilience Week Mini Training: Quality Sleep and Physical Activity
- Sportable: Making Sports Accessible
- Physical Activity Resources from Sesame Street Workshop
- Move Your Way Tool to Help Kids Get More Physical Activity
- 35+ Fun Indoor Physical Activities for Kids by a Pediatric Therapist
- Tips for Being More Active When You Have a Sedentary Job
- What You Can Do to Meet Physical Activity Recommendations for All Ages
- Fun Exercises: 6 Ways to Make Exercise More Enjoyable
- Tips for Getting and Staying Active as You Age
- Join or start a neighborhood walking or running club

Quality Sleep

- Resilience Week Mini Training: Quality Sleep and Physical Activity
- Getting a Good Night's Sleep Fact Sheet from Virginia Department of Health
- Sleep Hygiene: Simple Practices for Better Rest
- Routines to Help Children Rest and Sleep from Sesame Street Workshop
- Worksheet to Help Make Changes to Your Sleeping Habits
- What to Know about Teens and Sleep
- Facts and Resources for Quality Sleep in Older Adults
- Safe Sleep Tips for Sleep-Deprived Parents
- Learn about Brown Noise for Sleep
- Sleep Health Equity: A Position Statement from the National Sleep Foundation

Learn more about Resilience Week VA at grscan.com/resilience

Learn more about the Stress Busters and find additional resources in both English and Spanish on the [ACEs Aware](https://acesaware.org) website.

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SCAN

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