



# RESILIENCE WEEK VIRGINIA MAY 3-9

## 31 Ways to Build Resilience



VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					#1 <i>Build purpose in others</i>	#2 Slow down and take a pause
#3 <b>Ask for and give support</b>	#4 <b>Connect</b> where you feel you belong	#5 Focus on your positive future	#6 <b>Be kind To others and yourself</b>	#7 <b>Accept</b> mistakes and learn from them	#8 <b>Play as a family</b>	#9 <i>Be there for a friend</i>
#10 Promote positive media	#11 Share this info on social media	#12 Give someone a compliment	#13 <b>Stand up for others</b>	#14 Respect Differences	#15 Be present in the moment	#16 <i>Give a message of HOPE</i>
#17 <b>Be empathetic</b>	#18 Explore ResilientRoanoke.org	#19 Enjoy what's around you	#20 ...Breathe...	#21 <i>Give a loved one a virtual hug</i>	#22 <b>Practice patience</b>	#23 Practice Self-care
#24 Praise yourself	#25 <b>Share how you feel</b>	#26 Support fellow co-workers	#27 Strengthen family bonds	#28 <b>Praise others</b>	#29 Highlight strengths	#30 <i>Be open to new people</i>
#31 Listen carefully						

