



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: MINDFUL MONDAY



#1 Pause and praise yourself

#10 Take a moment of silence

#18 Check out a new meditation podcast

#2 Try out meditation

#11 Write down what you are thankful for

#19 Pick some wildflowers

#3 Exercise

#12 Take a star breath

#20 Write goals and priorities for your day

#4 Take a lunch break

#13 Spend time with your support system

#21 Clean your workspace

#5 UNPLUG AND TALK TO someone

#22 Prepare a healthy snack

#6 Do something just for you

#14 Tell someone you appreciate them

#23 *Take yourself on a date*

#7 Take some time off

#15 Give a random act of kindness

#24 Take a long walk

#8 Set healthy boundaries

#16 Schedule free time on your calendar

#25 Make and use a face mask

#9 Use the *free* Calm App

#17 Play relaxing music



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#26 Spend time with your mentor

#35 Try a 10-minute reset

#43 Take one thing off your plate

#27 Drink water

#36 PRACTICE PATIENCE

#44 Express yourself through art

#28 MAKE A VISION BOARD

#37 Squeeze some play-doh

#45 Close your eyes and breathe

#29 Declutter 10 items

#38 Acknowledge and accept your feelings

#46 Remind yourself that you are doing your best

#30 Ask yourself "How do I feel?"

#39 Practice self-forgiveness

#47 Play with your kids

#31 Take a bath with candles and music

#40 Listen intently to the sounds around you

#48 Give a compliment to a coworker

#32 Observe an object's details

#41 Smell your favorite candle

#49 Do a task you're good at

#33 Use sand play to calm

#42 Write your 3 biggest strengths

#50 Put yourself around positivity

#34 Talk to yourself kindly



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