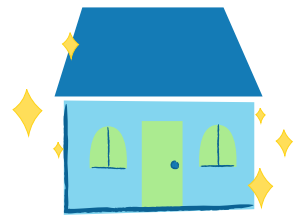




# RESILIENCE WEEK VIRGINIA 2020

## 50 WAYS TO PRACTICE: SANCTUARY SUNDAY



**#1** Sit quietly and just be

**#2** Let solitude surround you

**#3** Run along a river trail

**#4** Pause to appreciate your family

**#5** PUT YOUR PHONE away

**#6** Volunteer to beautify your community

**#7** Share your favorite quote

**#8** Rest & relax

**#9** Go to your favorite coffee shop

**#10** Take a field trip to a wildlife sanctuary

**#11** Teach someone your favorite card game

**#12** Help someone feel safe

**#13** Create your own wellness sanctuary.

**#14** Have friends over for dinner

**#15** Decorate a room in your home

**#16** Savor your favorite food

**#17** Think of your safe place

**#18** Take your children to a new park

**#19** Practice your faith

**#20** Snuggle with a blanket and good book

**#21** Do some spring cleaning!

**#22** Put a welcome mat out at your home

**#23** Take time to meditate

**#24** Visit a botanical garden

**#25** Take in a theater performance

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stop child abuse now



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Trauma-Informed Community Network



# RESILIENCE WEEK VIRGINIA 2020

## 50 WAYS TO PRACTICE: SANCTUARY SUNDAY



**#26** Buy some fresh vegetables at a farmer's market

**#35** Explore your family tree

**#43** Call an old friend

**#27** Visit a library

**#36** COOK a FAMILY RECIPE WITH YOUR CHILDREN

**#44** Reach out to a previous teacher

**#28** INVITE A FRIEND TO A COMMUNITY YOGA CLASS WITH YOU

**#37** Give your help at an animal shelter

**#45** Offer your expertise in a community workgroup

**#29** Reminisce with old friends

**#38** Make a pillow fort with your kids

**#46** Go for a family walk

**#30** Start a potluck group

**#39** Visit your hometown

**#47** Subscribe to your local newspaper

**#31** Create a new family tradition

**#40** Disconnect from work

**#48** Adopt an animal

**#32** Support a local non-profit

**#41** Spend time outside

**#49** Go to an open house

**#33** Join a community garden

**#42** Learn about your community

**#50** Share your sanctuary with others

**#34** Take a day trip with friends



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