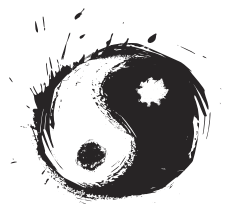




RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: TRANQUILITY THURSDAY



#1 Listen to ocean sounds

#10 Get a massage

#18 Get a babysitter & enjoy a dinner out

#2 Look at the moon

#11 Light a candle

#19 Give back by volunteering

#3 Unplug from technology

#12 Explore your intention for the day

#20 Enjoy a bubble bath

#4 Slow down

#13 Meditate

#21 Create some DIY essential oils

#5 PRACTICE YOGA

#22 Write uninterrupted for 5 minutes

#6 Enjoy a moment of quiet

#14 Watch the sunset

#23 Take a nap

#7 Rock in a hammock

#15 create a zen garden for your desk

#24 Notice the sounds around you

#8 Focus on your 5 senses

#16 Take a drive

#25 Create a relaxation jar

#9 Help someone take a deep breath

#17 Go to the beach

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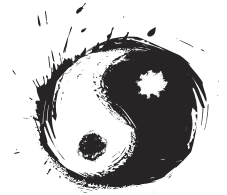


Greater Richmond Trauma-Informed Community Network



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: TRANQUILITY THURSDAY



#26 Write your future self a letter

#35 Search for a four-leaf clover

#43 Connect with someone you haven't talked to in a while

#27 Read your favorite book

#36 FIND a PICTURE IN THE CLOUDS

#44 Name your own constellation

#28 PAINT

#37 Take a moment for your spirituality

#45 Color

#29 Take a walk break during your work day

#38 Go for a hike

#46 Sleep in

#39 Visit a park

#47 Cook your favorite meal

#30 Plan a retreat

#48 Spend time with your pet

#31 Enjoy jazz at the VMFA

#40 List the positive things that happened today

#49 Practice breathing

#32 Swing!

#41 Journal

#50 Create your own calming space

#33 Plant some flowers

#42 Stargaze

#34 Take a swim



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