



RESILIENCE WEEK VIRGINIA 2020

20 WAYS TO PRACTICE: SANCTUARY SUNDAY



#1 Sit quietly and just be

#8 Share your favorite quote

#14 Do some spring cleaning

#2 Let solitude surround you

#9 Decorate a room in your home

#15 Take time to meditate

#3 Go for a run

#4 Pause to appreciate your family

#10 Savor your favorite food

#16 Videochat with friends

#5 PUT YOUR PHONE away

#11 Think of your safe place

#17 Support a local nonprofit

#6 Rest and relax

#12 Practice your faith

#18 Make a pillow fort with your kids

#7 Help someone feel safe

#13 Check out an ebook from the local library

#19 Spend time outside

#20 Share your sanctuary WITH OTHERS

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