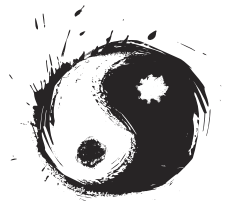




RESILIENCE WEEK VIRGINIA 2020

20 WAYS TO PRACTICE: TRANQUILITY THURSDAY



#1 Listen to ocean sounds

#9 Watch the sunset

#16 Find a picture in the clouds

#2 Look at the moon

#10 Write uninterrupted for five minutes

#17 Take a moment for your spirituality

#3 Unplug from technology

#11 Take a nap

#4 Practice yoga

#12 Write your future self a letter

#18 List the positive things that happened today

#5 Enjoy a quiet moment

#13 Read your favorite book

#19 Stargaze

#6 Focus on your five senses

#14 Paint

#20 Connect with someone you haven't talked to in awhile

#7 Light a candle

#15 Take a walk

#8 Meditate

infograph created by:



Greater Richmond Trauma-Informed Community Network