



# RESILIENCE WEEK VIRGINIA 2020

## 20 WAYS TO PRACTICE: TRAUMA-INFORMED TUESDAY



**#1** Connect with others

**#8** Listen carefully

**#14** Practice mindfulness

**#2** Treat the cause, not the behavior

**#9** Be kind to yourself and others

**#15** Join the movement at [ACES Connection](#)

**#3** Slow down and take a pause

**#10** Be open to a new perspective

**#16** Be present in the moment

**#4** Watch [Dr. NBH's Ted Talk](#)

**#11** Read an article about trauma-informed care

**#17** Give a message of hope

**#5** Promote the positive

**#18** Share this info on social media

**#6** Be empathetic

**#12** Highlight someone's strength

**#19** Validate thoughts and feelings

**#7** [Sign up](#) for the Virginia TICN newsletter

**#13** Join [Resilience Alexandria](#), our city's TICN

**#20** Practice patience



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