



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: SELF-CARE SATURDAY



#1 Wake up to a new song

#2 Have a solo dance party

#3 Meal prep

#4 Enjoy doing nothing

#5 REFLECT ON YOUR WEEK

#6 Chill with friends

#7 Start a new show on Netflix

#8 Get a hair cut

#9 Go to the gym

#10 Show compassion to yourself

#11 Take a cat nap

#12 Wear pajamas all day

#13 Read a book on personal development

#14 Make a self-care plan

#15 PUT DIRTY CLOTHES IN THE LAUNDRY BASKET

#16 Create a board of self-love quotes

#17 Soak in a hot bath

#18 Make a **positive playlist**

#19 Declutter your inbox

#20 Research a personal interest

#21 Learn about trauma exposure

#22 Get tea/coffee with a friend

#23 Buy yourself flowers

#24 Challenge yourself on a hike

#25 Watch a new documentary

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greater richmond
SCAN
stop child abuse now



Greater Richmond
Trauma-Informed Community Network



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50 WAYS TO PRACTICE: SELF-CARE SATURDAY



- #26 Dress-up for no reason
- #27 Make your bed
- #28 GO TO BED EARLY
- #29 Unsubscribe from unnecessary emails
- #30 Camp outside overnight
- #31 Simplify your to-do list
- #32 Follow a guided meditation
- #33 Doodle
- #34 Take a long shower
- #35 Wake up 30 minutes early to meditate/pray
- #36 REACH OUT TO someone WHO HAS INSPIRED YOU
- #37 Visit a garden
- #38 Have a bonfire
- #39 Browse a bookstore
- #40 Say no to something
- #41 Order out
- #42 Find a new project
- #43 Bike on your favorite route
- #44 Try a different cuisine
- #45 Play a musical instrument
- #46 Attend a concert
- #47 Dance in the rain
- #48 Pick some fruit
- #49 Plan a trip with family
- #50 Share what you did for Resilience Week at #ResilienceWeekVA

