

October is **RESILIENCE** Month

Please join CRI in the following **FREE** community events,
EVERYONE is welcome virtually!

www.CRIResilient.org/october

"October is Resilience Month" kicks off in late September with Proclamations by the Walla Walla County Commissioners and the Walla Walla City Council.
Thank you for your support!

PRACTICE A **RESILIENCE** STRATEGY EVERY DAY!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| | | | | 1 Webinar #1@ noon Dr. Gail Christopher Love, Trust, Safety | 2 Step outside, observe a tree's leaves or a cloud's shape, and smile! | 3 Bring in a flower, leaf or acorn to brighten your day |
| 4 Smile at someone in the check-out line | 5 Take a walk, with out a phone, discover something new! | 6 Be present with your child today, with no technology to distract | 7 Meet a new neighbor today, share phone #s to connect if help needed | 8 Webinar #2@ noon Protective Factors buffer Risk Factors | 9 Have a family meeting to celebrate each other | 10 Consciously take a deep, cleansing breath every hour today; feel the energy increase. |
| 11 Set aside 5 minutes for yourself. Build this into a habit. | 12 Create a thank you note for a teacher, mail man or newspaper deliverer | 13 Turn a negative thought around, find the positive in the moment | 14 Name 5 things for which you are grateful as you wake up | 15 Webinar #3@ noon Know your R.O.L.E.S. | 16 Make a special effort today to say something positive to a challenging colleague or neighbor | 17 Give yourself an affirmation 5 times today |
| 18 If you feel triggered, stop and feel where that is sitting. Breathe through it. | 19 Tell a funny childhood story to your children they may not have heard | 20 Laugh out loud 3 times today! Feel where that uplifts your energy. | 21 Plan one new practice for self-care; journal your practice for 7 days | 22 Webinar #4@ noon Predictive Brain and its Power | 23 Be aware of your body language today, what are you expressing outward to others? | 24 Consciously avoid any criticism of yourself today. Affirm your value. |
| 25 Tuck a note under your partner's pillow as a surprise "I love you" | 26 Visit the CRI sandwich board at Land Title Plaza and write a note to share on facebook! | 27 Am I someone's calm or chaos? Remember to self-check emotional state and breathe! | 28 Be a HERO: Hold your tongue, Examine your state, Relax, Offer affirmation | 29 Webinar #5@ noon Individual & Community Resilience | 30 Write a compliment to a colleague, put on their work station | 31 Write 3 practices you found most helpful with this calendar, post on mirror to practice more! |

Join the scavenger hunt to find the Resilience sandwich board moved daily.
"Don't be bored, find the Board!"
A prize for the first photo sent to CRI each day
Details at www.criresilient.org/october

Webinar series every Thursday at noon-1pm. Zoom link found at www.criresilient.org/october

Community Resilience Initiative (CRI) is celebrating "October is **Resilience** Month" with a free webinar series, yard signs, Scavenger Hunt, banners on Main Street and a large banner across 2nd Ave!



COMMUNITY

RESILIENCE INITIATIVE[®]

www.CRIResilient.org  /resiliencetrumpsaces

Topics include:

