

October is Resilience Month 2022

Community
Resilience
Initiative

Inspiring healthier communities with science-based insights in order to promote and cultivate resilience.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|---|---|
| | | | | | | 1 Kickoff celebration at WW Library, 10 am |
| 2 Go outside and try to catch a falling leaf | 3 Take a slow walk around the park and observe nature | 4 Pick a flower and bring it indoors to keep you cheery all day | 5 Listen to the birds at dawn or dusk | 6 <u>Webinar: 12 pm</u> Fostering resilience by connecting with nature | 7 Go to a stream or pond and observe the wildlife that surrounds water | 8 Pet a dog, cat, horse, or other cuddly animal |
| 9 Make a plan for self-care and put it on your calendar | 10 Practice gratitude by naming 5 things you are grateful for | 11 Take a 5 minute pause to be physically still and reflect | 12 Develop a mantra or positive affirmation for yourself and say it at least 3 times | 13 <u>Webinar: 12 pm</u> Building resilience in yourself | 14 Make a list of the things you like about yourself | 15 Try some 5-7-8 (in-hold-out) breathing |
| 16 Be present (no distractions!) with a child or family member today | 17 Make time to celebrate each other's accomplishments | 18 Ask family members to tell their favorite story about themselves | 19 Eat a meal together and discuss your favorite menus | 20 <u>Webinar: 12 pm</u> Connecting family through building resilience | 21 Write down a compliment for each family member in your house | 22 Call a family meeting and discuss your favorite strategies from this week |
| 23 Smile at someone you see on the street | 24 Reach out to a person you haven't spoken to in a while | 25 Write a letter to your favorite checkout clerk or shop keeper | 26 Introduce yourself to your neighbors and swap contact information | 27 <u>Webinar: 12 pm</u> Bringing resilience to your community | 28 Research volunteer opportunities in your community | 29 Give someone you know a sincere compliment |
| 30 Meet up with some friends and reconnect | 31 Practice mindfulness and <i>think</i> about your thinking | | | | | |

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