

October is Resilience Month 2023

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 ¡Festival de Cultura Viva!: 10:15 am at Gesa Powerhouse Theater	2 Pick a flower and bring it indoors to keep you cheery all day	3 Listen to the birds at dawn or dusk	4 Pet a dog, cat, horse, or other cuddly animal	5 Webinar : 12 pm Fostering resilience by connecting with nature (register)	6 A Walk in the Park: 10 am at Pioneer Park (register)	7 Take a slow walk around the park and observe nature
8 Make a plan for self-care and put it on your calendar	9 Practice gratitude by naming 5 things you are grateful for	10 Take a 5 minute pause to be physically still and reflect	11 Develop a mantra or positive affirmation for yourself and say it at least 3	12 Webinar : 12 pm Building resilience in yourself (register)	13 Address the Stress with Blue Zones: 12 pm at the YWCA (register)	14 Make a list of the things you like about yourself
15 Be present (no distractions!) with a child or family member today	16 Make time to celebrate each other's accomplishments	17 Ask family members to tell their favorite story about themselves	18 Eat a meal together and discuss your favorite menus	19 Webinar : 12 pm Connecting family through building resilience (register)	20 Family Weaving Activity: 9 am at Pioneer Park (register)	21 Call a family meeting and discuss your favorite strategies from this month
22 Smile at someone you see on the street	23 Reach out to a person you haven't spoken to in a while	24 Write a letter to your favorite checkout clerk or shop keeper	25 Introduce yourself to your neighbors and swap contact information	26 Webinar : 12 pm Bringing resilience to your community (register)	27 Community Volunteer Mapping: 10 am via webinar (register)	28 Give someone you know a sincere compliment
29 Meet up with some friends and reconnect	30 Practice mindfulness and <i>think</i> about your thinking	31 Downtown Trick or Treat: 3:00 pm downtown Walla Walla (map , more info)				

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