

At the Community Resilience Initiative, we want to provide a wide range of resilience building opportunities for folks of all abilities - and in all communities.

Our “October is Resilience Month” was designed for our hometown community of Walla Walla, Washington. Other communities may not have access to nature, or may have different societal norms. To ensure inclusiveness, we would like to provide some alternative activities to the October calendar.

Have a suggestion you’d like us to include next year? Reach out to our [Director of Community Engagement](#).

Nature Week Alternatives:

- Draw a flower or tree.
- Visit a local park.
- Find a local community garden.
- Sit underneath a tree and breathe deeply.
- Eat a meal outside.
- Find grass or soil and touch it with a bare hand or foot.
- Start a nature journal and document what you see.
- Join a local conservation group.
- Watch a nature documentary.
- Read a book or a story that focuses on nature.
 - [Walden](#) by Thoreau is a free read!
 - Ask your librarian for additional nature literature recommendations.

Self-Care Week Alternatives:

- Discover multi-faceted self-care:
 - Physical - i.e. physical hygiene, eat a balanced diet, exercise, adequate hydration, sleep hygiene
 - Mental - i.e. practicing gratitude, journaling, setting goals and priorities, taking breaks from social media/internet
 - Emotional - i.e. setting boundaries, “getting into your feelings,” affirmations and positive self-talk, music/movies/media that “helps you feel”
 - Social – i.e. joining a club, taking up a new hobby, spending time with family and/or friends, reaching out to others
 - Environmental – i.e. cleaning your space, rearranging your space, bringing the outdoors in, exploring somewhere new, spending time outdoors
 - Recreational – i.e. engaging in a hobby, playing games (solo or with others), art and creating, storytelling, creative writing
 - Spiritual – i.e. connecting with your higher power, volunteering, meditation, yoga, mindfulness, prayer, spending time in nature

Family Week Alternatives:

Please note: “Family” can refer to the group you or born into OR the group that you choose to spend time with. Family means different things to different people.

- Family awards ceremony – call out each other’s accomplishments, no matter how small.
- Describe a tradition you are proud to participate in.
- Help children identify their emotions – and how to manage them.
- Model emotional self-regulation and discuss your own strategies. People mirror you more than they hear you!
- Take a break and play together.
- Dance party.
- Cook dinner together.
- Stick to a routine and be predictable with your schedule.
- Set family goals and discuss the steps you’ll take to reach them.
- Discuss each other’s strengths and what you admire about them.

Community Week Alternatives:

- Volunteer at a nonprofit or faith-based organization.
- Write a list of local social services and keep it handy for when you meet people in need.
- Attend a commissioner, city council, or other local government meeting.
- Visit a nursing home.
- Find a community calendar and discover community events in your area.
- Support local schools, many need volunteers!
- Donate items to a local women’s shelter.
- Organize a block party to build relationships with your neighbors. Many cities and local governments can provide support.
- Clean up a park or a street.
- Take up a sport or hobby.

Free Online Training from Our Partners:

- Friday, October 4: Building Community Resilience, presented by the Institute for Trauma-Informed Care. 10 am – 11 am CST. [Register here.](#)
- Thursday, October 24: Creating a Thriving Community, presented by the Institute for Trauma-Informed Care. 2 pm – 3 pm CST. [Register here.](#)
- Full [October training calendar](#) from University Health.