

October is Resilience Month 2024

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Listen to the birds at dawn or dusk	2 Pet a dog, cat, horse, or other cuddly animal	3 Webinar: 12 pm PST Fostering resilience by connecting with nature (register)	4 A Walk in the Park: 10 am PST at Pioneer Park (register)	5 Veteran's Stand Down Event (link)
	6 Make a plan for self-care and put it on your calendar	7 Practice gratitude by naming 5 things you are grateful for	8 Join the CRI Community of Practice and build resilience year-round (link)	9 Develop a mantra or positive affirmation for yourself and say it at least 3 times	10 Webinar: 1 pm Building resilience through self-care (register)	11 Practice "box" breathing (4 count in, 4 count hold, 4 count out, 4 count hold)
	13 Day of the Dead / No Me Olvides at Fort Walla Walla kickoff (link)	14 Support CRI through our ModPizza fundraiser! (link)	15 Ask family members to tell their favorite story about themselves	16 Eat a meal together and discuss your favorite menus	17 Webinar: 12 pm Building resilience in the family unit (register)	18 Have a family game night—unplug from the outside world and play together
	20 Smile at someone you see on the street	21 Reach out to a person you haven't spoken to in a while	22 Write a letter to your favorite checkout clerk or shop keeper	23 Introduce yourself to your neighbors and swap contact information	24 Webinar: 12 pm Building resilience in your community (register)	25 Set aside a day in the next month to volunteer in your community
	27 Meet up with some friends and reconnect	28 Practice mindfulness and <i>think</i> about your thinking	29 Community Art Show at Lincoln High School (map , more info)	30 Pick a flower and bring it indoors to keep you cheery all day	31 Downtown Walla Walla Trick or Treat (more info)	Need alternative activities? Visit our Community Engagement page or download the PDF .

Nature Week

Self-Care Week

Family Week

Community Week

