

RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: TRAUMA-INFORMED TUESDAY



#1 Connect with others

#2 Discover the ACE Study

#3 Be there for a friend

#4 Share Dr. NDH's TED talk

#5 Write a BLOG ABOUT your trauma-informed journey

#6 Treat the cause, not the behavior

#7 Slow down & take a pause

#8 Promote positive media

#9 Share information with your child's school

#10 Demonstrate the hand-model of the brain

#11 Be empathetic

#12 Sign up for VA TICNs newsletter here

#13 Listen carefully

#14 Be kind to others & yourself

#15 BE OPEN TO a new perspective

#16 Attend a screening see dates/times here

#17 Read an article about trauma-informed care

#18 Call your representatives (check out VOICES)

#19 Highlight someone's strengths

#20 PLAY it forward

#21 Model trauma-informed strategies to others

#22 Bring handouts to work

#23 Join a community workgroup

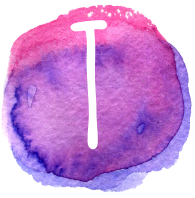
#24 Advocate for others

#25 Practice mindfulness



infograph created by:
greater richmond
SCAN
Stop child abuse now

Greater Richmond
Trauma-Informed Community Network



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- #26 Respect differences
- #27 Be present in the moment
- #28 Discuss ways to prevent toxic stress
- #29 Give a message of hope
- #30 Check out the NCTSN
- #31 Share this info on your social media
- #32 Read about SAMHSA's 4 R's
- #33 *Validate thoughts & feelings*
- #34 ...Breathe...
- #35 Ask "What happened to you?" vs. "What's wrong with you?"
- #36 JOIN THE MOVEMENT AT ACES CONNECTION
- #37 Stop, and think
- #38 Enjoy your surroundings
- #39 **Practice patience**
- #40 Tell someone about how resilience is built
- #41 Give someone a compliment
- #42 **Learn more about Resilience Week Virginia 2020 here!**
- #43 Explore trauma's link to systemic oppression
- #44 Share your story of resilience
- #45 Collaborate with others
- #46 Listen to a new podcast about trauma and the body
- #47 Be a part of someone's healing journey
- #48 Praise yourself
- #49 Request a training for your group/work
- #50 **Give a loved one a hug**

