

# October is **RESILIENCE** Month

Please join CRI at the following **FREE** community events,  
**EVERYONE** is welcome to attend!

[www.CRIResilient.org/october](http://www.CRIResilient.org/october)

"October is Resilience Month" kicks off on Sept. 23 at 9:30am at the Walla Walla County Commissioners Meeting Proclamation Celebration and on Oct. 9 at 7pm at City Hall with the Walla Walla City Council Proclamation Celebration

**Family Fun Nights**  
CRI, WWPS 21st CCLC (After-School Program), and Commitment to Community are partnering to host three Family Fun Nights emphasizing STEAM (Science, Technology, Engineering, Arts, Math) activities, gaming, art and brain science for the entire family. Healthy snacks will be provided.  
Oct. 3, 17, & 23 from 6-7:30pm

**Oct. 8 Screenagers Movie @ Cordiner Hall on the Whitman College Campus**  
Doors Open at 6pm | Movie begins at 7pm  
Screenagers addresses digital screen time and health issues (obesity, mental health, social isolation) in children

## PRACTICE A **RESILIENCE** STRATEGY EVERYDAY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grab a yard sign, help celebrate Resilience month! (go to <i>Friends</i> , 120 E. Birch, #10)	2 Consciously take a deep, cleansing breath every hour today; feel the energy increase.	3 <b>Family Fun Night at Edison Elementary 6-7:30pm.</b>	4 Step outside, observe a tree's leaves or a cloud's shape, and smile!	5 Bring in a flower, leaf or acorn to brighten your day
6 Smile at someone in the check-out line	7 Take a walk, without a phone, discover something new!	8 Be present with your child today, with no technology to distract <b>Learn More at Screenager event</b>	9 Meet a new neighbor today, share phone #s to connect if help needed	10 Write a compliment to a colleague, put on their work station	11 Have a family meeting to celebrate each other	12 <b>Join CRI at Farmers Market and paint a rock to hide for someone to find</b>
13 Set aside 5 minutes for yourself. Build this into a habit	14 Create a thank you note for a teacher, mail man or newspaper deliverer	15 Turn a negative thought around, find the positive in the moment	16 Name 5 things for which you are grateful as you wake up	17 <b>Family Fun Night at Carrie Center 6-7:30pm.</b>	18 Make a special effort today to say something positive to a challenging colleague or neighbor	19 Give yourself an affirmation 5 times today
20 If you feel triggered, stop and feel where that is sitting. Breathe through it.	21 Tell a funny childhood story to your children they may not have heard	22 Laugh out loud 3 times today! Feel where that uplifts your energy.	23 <b>Family Fun Night at Salvation Army 6-7:30pm.</b>	24 Plan one new practice for self-care; journal your practice for 7 days	25 Be aware of your body language today, what are you expressing outward to others?	26 Consciously avoid any criticism of yourself today. Affirm your value.
27 Tuck a note under your partner's pillow as a surprise "I love you"	28 Visit the CRI sandwich board at Land Title Plaza and write a note to share on facebook!	29 Am I someone's calm or chaos? Remember to self-check emotional state and breathe!	30 Be a HERO: hold your tongue, examine your state, relax, offer affirmation	31 Write 3 practices you found most helpful with this calendar, post on mirror to practice more!		

**Oct. 12 Paint a Rock @ the Farmer's Market**  
Join CRI from 9am-1pm to decorate rocks! Paint a rock with a positive message or image, then place it around town to surprise someone!

Community Resilience Initiative (CRI) is celebrating October is **Resilience** Month with 6 FREE community events, 150 yard signs (GOT RESILIENCE?), sandwich board sign at Land Title Plaza, banners on Main Street and a large banner across 2nd Ave!



[www.CRIResilient.org](http://www.CRIResilient.org) /resiliencetrumpsaces