

November 2022

Resilience Calendar

October '22							December '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 When you feel you can't do something, add the word, "yet"	8 Be curious. Learn about a new topic or an inspiring idea	9 Chose a different route and see what you notice on the way	10 Find out something new about someone you care about	11 Find a new way to help or support a cause you care about	12 Do something playful outdoors - walk, run, explore, relax
13 Be creative. Cook, draw, paint, make or inspire	14 Plan a new activity or idea you want to try out this week	15 Build on new ideas by thinking, "Yes, and what if...."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Make a meal using a recipe or ingredient you've not tried before
20 Broaden your perspective: read a different paper, magazine or site	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new way or creative way	26 Try a different radio station or new TV show
27 Join a friend doing their hobby and find out why they enjoy it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen.	30 Look for reasons to be hopeful, even in tough times.		2	3
4	5	<p>THEME: A NEW THING NOVEMBER</p> <p>"Never stop becoming unless you're ready to cease being"</p> <p>– Rev. Dr. Ebony D. Only</p> <p>Contact the Community Chaplain: ebony_only@rush.edu</p>				