

RVAP's

*REFLECTIONS &
ACTIVITIES FOR
SAAM*

April 20-26



CREATED BY SHALISA AND ALEXA

BEFORE YOU BEGIN

- 1.** Go through this booklet at your own pace.
- 2.** No activity is required or must be completed by the date listed.
- 3.** There will be a weekly Zoom discussion for the podcast activity on Thursdays at 5:30 p.m. Feel free to join!
- 4.** Please take care of yourself!



MONDAY

APRIL 20

JOIN US ON **ZOOM** FOR

GENTLE YOGA FOR HEALING

WITH **RENÉ REDD**

1 PM - 2PM CST



Join us for a free, trauma-informed yoga class to inspire healing through breath and movement. Open to survivors, co-survivors, family members, and advocates.

MEETING ID: 974 5154 7422

PASSWORD: SAAM



Tuesday

APRIL 21

Word of the Week

COURAGE

"Daring greatly means the courage to be vulnerable. It means to show up and be seen, to ask for what you need, to talk about what you're feeling, to have the hard conversations."

Brené Brown



Wednesday

APRIL 22

JOURNAL WITH US

Consider this prompt, or
write what's on your heart.



What would you do if
fear couldn't stop you?

Thursday

APRIL 23

PODCAST CLUB

5:30 p.m. on Zoom

Meeting ID: 986 5599 0600

Password: SAAM



This week's podcast is...a TED Talk!

The Power of Vulnerability Brené Brown



Friday

APRIL 24

SELF CARE ACTIVITY:

TRY A NEW RECIPE...

1. Mix up a new face mask!
2. Bake a new treat!
3. Cook a new dish!