



HISTORIC TRIANGLE
DRUG PREVENTION COALITION

Resilience Week VA 2026

Building Community & Connection with 7 Stressbusters



Join Us Friday, May 1 to Kick-Off the Week!

10 - 11 a.m. - Resilience Rock Garden Gathering at
JCC Freedom Park - 5537 Centerville Road

OR

12 p.m. - Virtual Gathering via Microsoft Teams

(contact Lynette Diaz, lynette.diaz@jamescitycountyva.gov for the link)

**Manage your day-to-day stress with these
7 Stressbusters! (acesaware.org)**

- **May 1** - Supportive Relationships
- **May 2** - Mental Healthcare
- **May 3** - Experiencing Nature
- **May 4** - Quality Sleep
- **May 5** - Mindfulness Practices
- **May 6** - Physical Activity
- **May 7** - Balanced Nutrition

**Send us your photos of how your team is practicing
the Daily Stressbusters!**

Lynette Diaz - lynette.diaz@jamescitycountyva.gov