

Cultivate practices that move us from surviving to thriving.

Spaciousness

Time for reflection
or being in nature
can increase our
awareness to see
things for what
they are in that
very moment.

Collective Thriving: Idaho Coalition Against Sexual & Domestic Violence
www.engagingvoices.org

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Abundance

Noticing the
resources around us,
we can make choices
that sustain us and
the ones we love.

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Compassion

Cultivate
compassion
and generosity
for ourselves,
increasing the
possibility that
we can do it for
others as well.

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Connection

Share moments
of joy and
experiences of
pain with people
who see us
and know us.

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Be Present

Being firmly rooted
in the present,
we can appreciate
the moment, heal
the past, and align
our actions with
our dreams.

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