

# Why is resilience important?

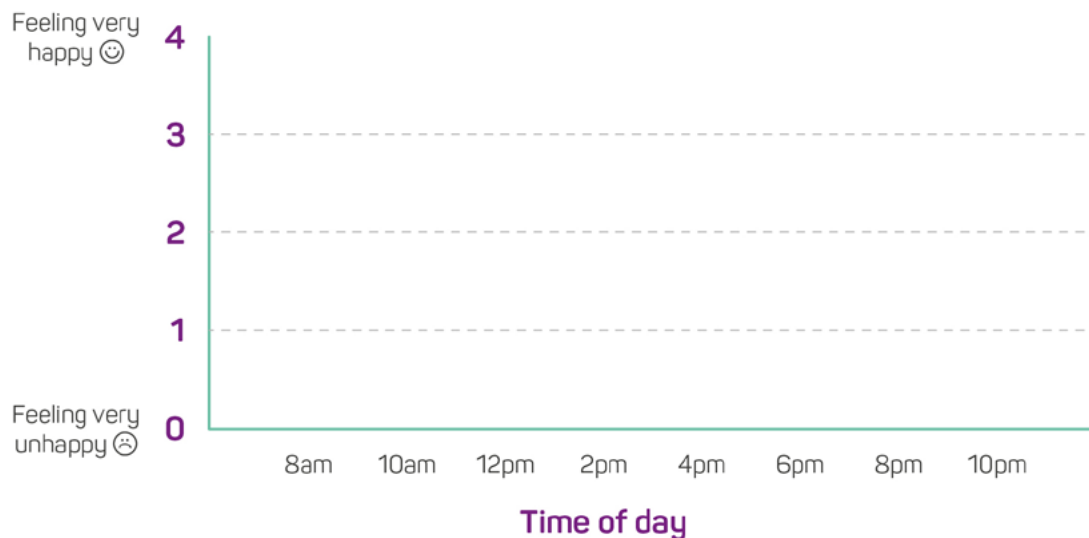
**Bloom**

For young people's mental health

Keeping track of our day can not only help us to notice when we go through hard times, but also how we use resilience to get through these times.

Use the following graph to track your week and pinpoint the different tools you use to move through challenges.

Plot the graph based on your day yesterday. 0 = feeling very unhappy 😞 and 4 = feeling very happy 😊



How did you get through the low parts of the day on the graph?

Sometimes when we reach low points our best tool is being able to reach out to others. Complete the exercise below to identify different people in your life that can support you to be resilient.

## Your social network

In each box identify one person in your social network and their role. For example, one friend might be for life chats, one for exercising with, your sibling may be for when you're in a low mood...

Diagram illustrating a social network structure. A central figure (silhouette) is connected to four empty boxes (representing individuals) via arrows, indicating relationships or roles.