

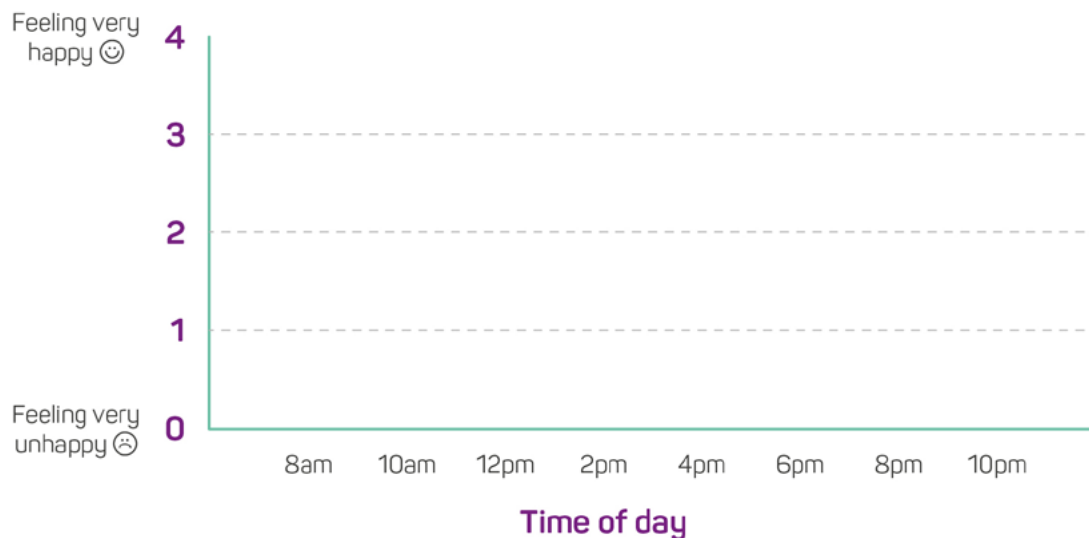
# Why is resilience important?



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?

A large, empty rounded rectangular box with a purple border, intended for the user to write their response to the question above.

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...

The diagram consists of a central light green silhouette of a person's head and shoulders. To the left of the silhouette, there are two empty rounded rectangular boxes stacked vertically. A purple arrow points from the silhouette towards the top box, and another purple arrow points from the silhouette towards the bottom box. To the right of the silhouette, there are also two empty rounded rectangular boxes stacked vertically. A purple arrow points from the silhouette towards the top box, and another purple arrow points from the silhouette towards the bottom box.