

# Finding someone to trust and talk to

## Activity

### Your resilience journey

Every Bounce Back move is like a short journey. When you have completed each short journey, you will be a little more resilient than you were before.

Look at the picture of the road lined with signposts. On one side of the road write on the signs all the good things that are going on with you right now. Think about what makes you feel good and things that are positive. On the other side of the road write all the things that get in our way or that you find challenging.

Life will take you on all kinds of journey, and each one will have positive aspects as well as challenges. You will travel down the road and move between one side of the road and the other, but you will always come back to the centre and keep moving. When you hit a bump in the road, people you trust can help you to carry on your journey and be your support group.

Think about which people you can trust. What kind of help might you need for each move? What kind of things can they do to help you when you hit a bump in the road and need to bounce back.

**P.S. There's more help on finding someone to trust in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**

