



BAY AREA  
Community Health  
Advisory Council

# Better by The Day Reflection Handout

Answer the following questions to the best of your ability:

What challenges have you encountered that have impacted your mental health and affected your ability to thrive?

How have you coped with challenges in your life?

Research shows that resilient individuals bounce back when they have a support system, gain insight from the adversities, develop new methods to deal with challenges, and establish goals or plans to implement the new strategies.

**After watching the Better By The Day video,  
Take a pause /pôz/ to reflect on the following questions.**

Who supports you? Identify the individual(s) you trust to share your thoughts, emotions, and struggles.

If you struggle with your mental health or have difficulty adjusting to unexpected life changes, who can you ask for help? [Don't be afraid to ask for help]

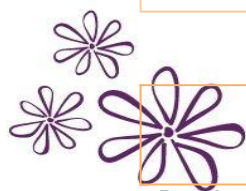
In the videos, each youth experienced the pandemic differently and developed coping methods to help him/her adjust to the challenges of being sheltered in place and the unexpected adversities. What hobbies can you enjoy that can help you recenter or recharge and deal with struggles you may encounter?

Maintaining a routine or regular schedule can help you have balance and eliminate stress, anxiety, and low motivation. What can you do to establish a routine or ensure a regular self-care practice to foster wellness?

What wisdom or insight have you gained from your adversities?



Resilience &  
Mental Wellness  
Resources Better  
by the Day Video  
& Curriculum



TOGETHER  
TOWARD HEALTH  
A program of the Public Health Institute

This project was  
funded by a grant  
from Together  
Towards Health

