



# Courage

What is courage? What does it mean to be brave? Write your own definition here:

Name someone you think is courageous. You could draw them or write about them. What makes them brave?

Write one thing you've done that took courage that you're really proud of? What did you learn about yourself from that experience? Did you surprise yourself?

Courage is a huge part of recovery. It takes courage to be vulnerable, to ask for help and to know you deserve help.

Everytime you feel afraid, come back to this sheet. Remind yourself you are courageous.



## **Courage & Anxiety Exercise:**

Find a quiet space somewhere, it might be in your room or outside.

Stand with your feet evenly spaced apart, put your shoulders back and put your chin up.

Put your arms either with your hands on your hips or one hand on your hip and one arm in front like a superhero (it sounds silly but trust us on this!).

Stick your chest out with confidence and keep breathing deep breaths, in through your nose and out through your mouth.

Say: 'I am courageous. I have got this'.  
Start with a whisper until you get louder.

Your brain will listen, and feel more brave.