

#BeBrave

September Newsletter

@healthandmind

Youth Mental Health Day

Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. It is observed every year on 19th September and aims to get young people, and those who support them, talking about how to improve mental health.



Theme 2023

As Nelson Mandela once said: "Courage is not the absence of fear, but the triumph over it." The theme for this year is #BeBrave. Whether it's building confidence in facing difficult situations, building social confidence through learning to work together on team tasks, or learning to have the courage to fail by doing something new, being brave can be something different to everyone.



Bravery & Mental Health

The Bravery in Seeking Help

One of the most significant acts of bravery in the realm of mental health is reaching out for help. Acknowledging the need for help is an essential step towards recovery. It requires admitting vulnerability and a willingness to address the challenges at hand. It's a recognition that you deserve help and that your mental health is just as crucial as your physical health.



Having or showing mental or moral strength to face danger, fear, or difficulty is known as bravery. Taking steps to live bravely and getting out of your comfort zone is the quickest path to reaching your full potential. The fear of making the wrong decision can cause nothing to happen in your life. Instead of moving forward, you retreat to a known comfort zone and avoid making any major life decisions.

"It's okay to feel anxious. Don't apologize for what you're feeling. Instead of focusing on trying to change your feelings or thoughts, focus on practicing acceptance around them." Bravery is often associated with acts of physical courage. While these acts undoubtedly require bravery, there exists another form of this, equally as commendable - the bravery to confront and conquer one's mental health challenges.

Bravery empowers individuals to conquer anxiety, build resilience, boost self-esteem, and ultimately lead happier, healthier lives. By recognizing the power of bravery, we can take significant steps towards improving mental health on a personal and societal level.

The Resilience of Daily Battles

Living with a mental health condition involves a daily battle against the symptoms it presents. For some, this might mean managing crippling anxiety, while for others, it could involve confronting depressive episodes. The simple act of getting out of bed and facing the day can be a monumental act of bravery.



When we think of bravery, the first thing to strike our mind is a daring adventure or quest. But our world has changed drastically, and the time has come for us to adapt accordingly. In today's world, being brave can be accounted as doing the little things that worry you, whether it may be speaking up in class or trying a new outfit. To be brave is to challenge your fear and make decisions out of love for doing certain things rather than the fear that prevents you from doing them. Embrace your decisions and stand by them no matter how simple it may be.

Using positive self-talk to face your fears:

Self talk is that inner voice inside your head that reveals your beliefs and thoughts. When you start believing negative thoughts, you obstruct your growth. You must catch such thoughts and replace them with positive self-talk. Over time, this will build your confidence and your ability to overcome your fears.

Being brave is something that doesn't come naturally most of the time, it needs a lot of pushing and pulling in between a fixed and growth mindset, if you believe in yourself, you'll adapt bravery within the time it takes you to walk till your kitchen when you're really famished. Being brave involves making it a habitual practice. How? For starters, deciding to speak for yourself when a matter concerns you is a huge first step, but smaller than that, is just more conversation with your friends and loved ones. Asking for help when you need it, learning how to say "no", remaining confident about an unpopular opinion, learning how to forgive and many more. Enhance your modern bravery and encourage others to do the same.

Brave Journal Prompts for Mental Health

1. Write about a life lesson you've learned from a difficult experience and how it has shaped your perspective.
2. Reflect on a time when you pushed beyond your comfort zone and describe the growth and transformation that resulted.
3. Write about a time when you experienced a setback or failure. How did you bounce back and what did you learn from it?
4. Write about a situation in which you had to accept something you couldn't change. How did you find peace and growth through acceptance?
5. If I had the courage to do one thing that would change my life, what would it be?



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