Bravery – a superpower we all possess – is more than exhibiting signs of strength. It is equally, if not more, about tapping into the courage it takes to be vulnerable and compassionate in the face of adversity. When we act bravely, we can help create a culture where everyone can thrive.

**WHAT BRAVERY REALLY LOOKS LIKE—**

- **Empathy!**
- **Vulnerability!**
- **Generosity!**
- **Compassion!**

**HOW TO USE YOUR SUPERPOWER—**

Tapping into our bravery superpower, we help create a culture that encourages authenticity and builds a sense of true belonging for everyone. Here are ways to embrace your superpower of bravery this fall:

### CONNECT BRAVELY WITH YOURSELF

- **Practice self-reflection.** Knowing our values, connecting with our core selves, and deepening our vulnerability with ourselves helps us develop a sense of who we are and who we want to be.
- **Befriend emotions.** Practice non-judgement by bringing compassion and curiosity to your emotional experiences.
- **Embrace all aspects of ourselves,** including our strengths, vulnerabilities, and quirks, through compassion and curiosity. Treating ourselves with the same kindness and empathy as we do others helps us build another one of our superpowers—self-acceptance!
- **Ask for help.** Seek out guidance from a therapist, counselor, or Peer Support when self-exploration is too difficult to do on our own. This alone is a radical act of bravery.
- **Celebrate accomplishments.** Acknowledging our achievements, no matter how small, helps us boost self-acceptance and build our self-worth. Be generous—YOU are worth celebrating!

### CONNECT BRAVELY WITH OTHERS

- **Recognize that some of us hold greater (but undeserving) privilege** and can use that power to courageously contribute to a community where there is equity, opportunity, and feeling of belongingness for all.
- **Embrace leaning into failure.** Mistakes are a part of life. Model self-compassion and normalize your ups and downs.
- **Create space for multiple truths.** Everyone is presenting from their lived experiences. Allow them to show up and blossom.
- **Appreciate that we are all learning how to learn.** Learning is a lifelong process, and it allows us to grow and adapt. Be curious about each other with kindness.
- **Take a risk to confront new ideas,** viewpoints, perspectives, and examine our own relationships to inequities. This is essential to understanding a wide range of diversity and social justice issues.

**Need someone to talk to? Feeling overwhelmed?** We’re here, learn more about The Mental Health Union’s Peer Support. Scan here for the Zoom link.

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