

SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING

Symbiosis International (Deemed University)

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Celebrating 50 Years of Excellence



CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

We all have heard stories about courage. When we are kids, courage comes from superheroes taking down bad guys and saving the world. And as we get older, we hear of the mesmerizing accomplishments of courageous people who fight in wars, spur massive social change, and save lives.

These are all courageous acts, but sometimes these narratives make courage seem inaccessible, and we are unable to realize that we do indeed have the ability to be courageous each day of our lives as well. A key ingredient to happiness is being courageous, in both large and small ways. We all have the capacity to live courageously in our lives. Courage is the ability to act in the face of danger and uncertainty. Although it is more of an emotion or state of mind, it is an important part of one's life.



When we hear the word courage, we most commonly visualize scenarios around defending ourselves or others from attack — physical, verbal, emotional or psychological. Yet our personal courage ranges deeper than just fight or flight and, when triggered, can have significant positive benefits for our health and well-being, opportunities for success and our ability to move forward from crisis.

Psychological courage to life can bring all kinds of opportunities leading you towards the life you want to live and the person you want to be.

Courage involves facing our deep-seated fear – that is acknowledging and accepting our faults and vulnerabilities, confronting the fact that we all behave badly at times, have blind spots as well as dysfunctional or unproductive habits that not only impact on our physical well-being, but our emotional and psychological well-being, too. It is the kind of courage required to acknowledge and accept the dissonance or gap that may exist between who we think we are and who we actually are.



Strengths of courage

Psychological courage allows us to overcome our personal limitations in order to pursue a fuller life. Being courageous in this context helps us to maximize our chances of growing and evolving throughout life to become the best version of ourselves that we can be.

Integrity - Speaking the truth

The first strength, integrity, being true to yourself in terms of your values and ethics but also being honest about who you are. That is, about taking responsibility for how you think and feel and what you do. It helps us in modify our behavior so that we can be more effective in living an authentic life.

**Do the right thing,
even when no one is watching.**

**It's
called
INTEGRITY.**



Bravery.



Speaking and acting for what you believe despite opposition. Not shrinking from challenges (physical or not), difficulties, threats, or pain. For example - As we can see in news people raise their voice against unjust political parties.

It depends on us whether we choose to move forward by taking a different path or accepting a difficult truth. In essence it requires change. i.e not only by working alone but by asking for help, drawing strength from your social network (asking for what we need and using that help actively).

Persisting to be powerful

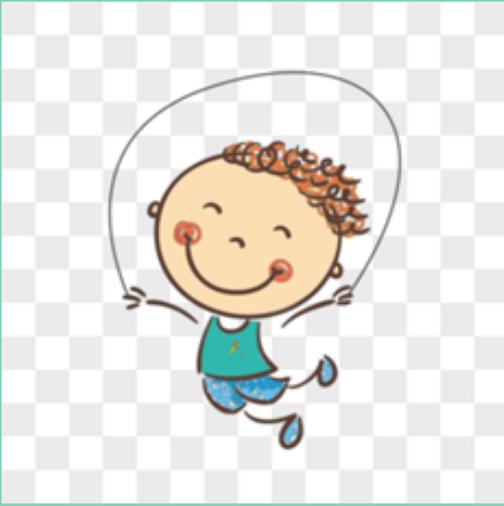


Persistence Takes Courage

We sometimes get demotivated by facing challenges in life but what prepares us to deal with future challenges is courage. Being persistent in demonstrating courage not only for the moment but instead many moments in the face of many obstacles both internal and external. We plan and understand how to face and manage these challenges in future. It includes our ability to self-regulate and have courage to manage difficult situations by having realistic framework and multiple strategies.

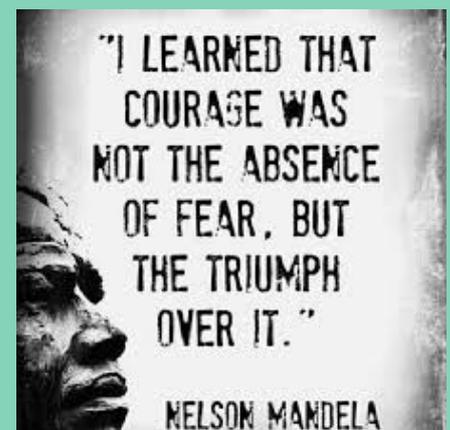
Liveliness

As we all know there is uncertainty. Liveliness is about launching yourself into each and every day with a mental preparedness to succeed and even to accept failure. Our courage prepares us for all that may come, the good and the bad, the dreams that come true and the hopes that are dashed. Accepting that with life comes pain and disappointment but that this fact shouldn't diminish our sense of hope and determination to keep moving forward.



How to be courageous

- Embrace vulnerability - Open up in front of people for whatever you are afraid of.
- Admit you have fears - Identifying what you are truly afraid of gives you the information you need to overcome the fears and insecurities.
- Face your fears
- Have positive attitude
- Reduce your stress- Sometimes you experience fear due to exhaustion. Make sure you eat well, get enough sleep and exercise. Take breaks and take your vacation time. We all need a break.
- Demonstrate courage- By helping others those who are in need instead of ignoring them.
- Know failure but press forward- If you fail, don't curl up into a ball or head to a metaphorical corner. Instead, keep moving forward.
- Cope with risk and uncertainty
- Continue to learn
- Accept your challenges



IN CASE OF ANY MENTAL HEALTH EMERGENCIES, REACH OUT TO YOUR SCEW CAMPUS COUNSELLOR VIA PHONE OR AT MINDHELP@SIU.EDU.IN