



April Character Trait

Courage

Verse of the Month

Joshua 1:9 NLT “This is my command
—be strong and courageous!
Do not be afraid or discouraged.
For the Lord your God is with you
wherever you go.”

Courage: mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

Courage: the ability to meet a difficult challenge despite the physical, psychological, or moral risks involved in doing so. Examples of acts of courage include saving another's or one's own life against a meaningful threat; coping with a painful, debilitating, or terminal illness; overcoming a destructive habit; and voicing an unpopular opinion. Also called bravery; valor. (APA dictionary of Psychology)

We all need courage to be successful at almost anything in life. Things like looking for a better job or speaking up to get help with something require courage which is a skill that can be learned and practiced.

We can think of courage as a muscle that needs to be exercised to get stronger. That is good news for teens who struggle with anxiety and fear.

Sometimes the people who have the most bravado are the ones hiding the most fear, so don't confuse bravado with courage. It is important to learn to be vulnerable and learn to rely on others. We need a little humility with our courage.

Courage does not mean there is no fear. John Wayne said, “Courage is being scared to death but saddling up anyway.” As mentors, we can help identify and label those fears, which makes them easier to conquer. We can encourage our teens to do things they are scared to do. That practice of courage, with our help, will give them the confidence to continue to move forward and conquer their fears.





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Resources

10 ways to build courage

<https://soulsalt.com/courage-exercises/>

Why courage is important to good mental health

<https://www.psychologytoday.com/us/blog/science-of-choice/202207/10-sources-of-a-courageous-mindset>

Courage can be learned.

<https://www.imd.org/ibymimd/brain-circuits/exercises-to-help-you-find-your-courage/>

[https://youtube.com/playlist?](https://youtube.com/playlist?list=PLY4BdfM6dkN8Hlzpppy9XKsFRP4EAgayS&si=x0B44l6glC9dPuCh)

[list=PLY4BdfM6dkN8Hlzpppy9XKsFRP4EAgayS&si=x0B44l6glC9dPuCh](https://youtube.com/playlist?list=PLY4BdfM6dkN8Hlzpppy9XKsFRP4EAgayS&si=x0B44l6glC9dPuCh) This is a playlist of short videos talking about courage that you might be able to share with your teen.

<https://www.dailymotion.com/video/x36e6q>
5 Lambert the Sheepish Lion video



Mentor Activities

- ☐ Exercise together or take them somewhere they can exercise. Exercise releases mood boosting and confidence building endorphins.
 - ☐ Get outside and explore a hike and bike trail
<https://www.wilcotx.gov/567/County-Parks-Trails>
 - ☐ Take a look at this article to find some activities that can be adapted for your teen.
<https://mentalhealthcenterkids.com/blogs/articles/courage-activities-for-kids>
 - ☐ With your teen, make a “that’s too hard” list with goals and dreams that feel too big, then figure out some baby steps to work toward conquering these goals. (I want to be a doctor, or start my own business, etc.)
 - ☐ Ask them about who their “people” are. Help them come up with three people in their lives who support the positive changes they are trying to make.
 - ☐ Ask: What different choices would you make if fear wasn’t an obstacle? What would you start doing or quit doing? What would you do differently? What is hard but you want to keep doing anyway?
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