



## COURAGE CARDS

In a world filled with mental health stigma, we recognize the courage it takes to speak out about eating disorders. Whether you are healing from an eating disorder, supporting a friend in recovery or striving to end mental health stigma, writing a Say It Brave courage card is a way to reflect on how courage has shown up in your life.

Keep the card for yourself, share with friends and family, or leave for someone on campus (filled in or left blank) who you think could benefit from being reminded of their own bravery. **#SayItBrave**



Bravery to me is...

#SayItBrave | [ERCPATHLIGHT.COM/SayItBrave](https://ERCPATHLIGHT.COM/SayItBrave)

One brave step I've taken to support my mental health is...

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Everyday courage can show up in small ways. Today my moment of courage was...

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Someone who I think is brave is...

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A time I witnessed someone else's bravery was when...

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I am proud of myself because...

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