

“A hero is an ordinary individual
who finds the strength to persevere
and endure
in spite of overwhelming obstacles.”

- Christopher Reeve



Think about this interpretation of the quote and reflect on you how you see yourself...

When you think of the word “hero” – what’s the first thought that comes to mind? Do you think of a celebrity? A family member? Do you think of a hero as somebody who saves or helps someone else? Someone who puts others before themselves? Do you think of someone real or do you picture a fictional superhero who you last saw on TV or in a comic book?

There are many different definitions and types of heroes. However, one common definition is someone who helps others. While this is a great explanation and while helping others is quite commendable, many people often forget that helping oneself and getting up every morning to try their hardest to accomplish their goals, is also an excellent definition of a hero.

Life can be difficult, there's no denying that. We all face obstacles and there are moments when we all doubt ourselves. We have a tendency to look at others as heroes, to look at others and say that we wish we could be as wonderful as they are. Think about it. How many times have you looked at yourself in the mirror and thought of yourself as a hero? Probably not very often.

Have you ever had a really difficult day that you thought you couldn't get through, only to find that you could? Did you ever think that you couldn't face your fears, but then you did? Did you ever feel disappointed because you failed to accomplish a goal only to find the strength the next day to succeed? If you have, then you're a hero!

You are important to this world. You are important to the people around you – to family, friends, yourself, and maybe even to the people you don't really know. After all, a simple smile that you may have shared with a stranger may have just brightened their day. There are billions of amazing people all over the world and chances are that you are one of them! Don't just think of others as heroes, recognise that you yourself are one too. After all, someone out there might right now be thinking of how great you are.

- Christopher Reeve's obstacles were obvious...in 1995, Reeve became a quadriplegic after being thrown from his horse during an equestrian event. He was confined to a wheelchair and required a portable ventilator for the rest of his life. He lobbied on behalf of people with spinal cord injuries and for human embryonic stem cell research, founding the Christopher Reeve Foundation
- Other obstacles may not be so obvious as they are linked to mental health e.g. anxiety, depression, low mood
- There are some practical ways to look after your mental health and wellbeing:
 - Talk about your feelings
 - Keep active
 - Eat well
 - Do something you're good at regularly
 - Ask for help
- **Mrs Wheatley is available in LS2 every Monday, Thursday and Friday lunch plus Tuesday and Thursday break to support, alongside your Head of House and the Pastoral Support Team**