

# WELCOME TO THE Embrace *Your* **SUPERPOWERS** TEAM!



Embrace *Your*  
**SUPERPOWERS**

**EMBRACE YOUR SUPERPOWERS**  
Program Overview & Mission Plans

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**SPEAKUP**  
*with Sharon Blady*



# WELCOME

TO YOUR

Embrace *Your*  
**SUPERPOWERS**

SUPERHERO JOURNEY!

**I am so excited that you have joined the Embrace Your Superpowers community of Superheroes and Allies!**

We are a **Team of Mental Health-NeuroDiversity Superheroes and Allies.**

Our team began with **my family to overcome the stigma and misunderstanding we faced with our own diagnoses.**

Our love of **superheroes gave us an engaging relatable way to have conversations about diagnoses and** to learn a variety of techniques to **"stock our utility belts"** for daily life and managing crisis.

It's been **transformative and life-saving** for us and the many Superheroes and Allies I have met over the years, as I took **EYS from our living room to conference halls and medical clinics.**

This **booklet is your welcome gift and guide to the EYS program.**

Take a look at it now to **see where this journey can take you** and how you can **get the most out of the journey** you are embarking on with us! It will also help you as you go through the program to **map out your next steps.**

**Welcome to the EYS Team - I'm looking forward to working together!**

Sharon Blady, PhD  
Founder & CFG (Chief Fan Grrr!), Speak-up.co

**SPEAKUP**  
*with Sharon Blady*



# PROGRAM OBJECTIVES:

EXPLORE AND EXPAND YOUR SUPERPOWERS

YOU HAVE BEGUN YOUR EYS JOURNEY AS EITHER:

- A SUPERHERO WITH LIVED EXPERIENCE OF DIAGNOSIS
- AN ALLY WITH SUPERHERO FAMILY, FRIENDS, OR COLLEAGUES

ON YOUR JOURNEY YOU WILL:

- ☐ SEE DIAGNOSES FROM A NEW PERSPECTIVE
- ☐ LEARN SKILLS TO HARNESS SUPERPOWERS
- ☐ LEARN HOW TO DEFEAT THE INNER CRITIC...
- ☐ ...AND CRUSH STIGMA
- ☐ BE AN ALLY TO YOURSELF AND OTHERS
- ☐ BUILD & STOCK A CUSTOM "UTILITY BELT" OF TOOLS
- ☐ CREATE YOUR SUPERHERO (OR ALLY) PERSONA
- ☐ SHARE YOUR PERSONA WITH THE TEAM
- ☐ UPGRADE YOUR PERSONA IN EACH MODULE
- ☐ HAVE FUN ENGAGING WITH THE TEAM





# MODULE OBJECTIVES:

ONE STEP AT A TIME

**EACH MODULE OBJECTIVE PAGE IS DESIGNED TO GIVE YOU SPECIFIC SKILLS AND EXPERIENCE TO:**

- ☐ EXPLORE AND EMBRACE SUPERPOWERS
- ☐ BUILD YOUR SUPERHERO/ALLY PERSONA
- ☐ MOVE ON TO OTHER AREAS OF THE PROGRAM

**AS MH-ND SUPERHEROES, WE OFTEN NEED STRUCTURE AND REGULARITY TO HELP US REACH OUR GOALS AND DO OUR BEST.**

**EYS IS DESIGNED WITH EACH MODULE BROKEN DOWN INTO SMALLER MISSIONS - SO THAT AT EVERY STEP YOU KNOW:**

- ☐ HOW MISSION GOALS GET YOU TO MODULE GOALS
- ☐ WHAT TO DO NOW
- ☐ WHAT TO EXPECT NEXT
- ☐ HOW TO CUSTOMIZE YOUR MISSION
- ☐ HOW TO DO IT AT YOUR PACE





# MISSION OBJECTIVES:

WHAT "DONE" LOOKS LIKE

MISSIONS ARE THE SMALLER STAGES WITHIN EACH MODULE.

MISSIONS ARE DESIGNED SO YOU CAN FOCUS ON A SPECIFIC STEP AT YOUR OWN PACE.

IT HELPS PREVENT OVERWHELM BY KEEPING US PRESENT AND FOCUSED: WE CAN ACQUIRE NEW SKILLS AND INTEGRATE THEM WITH WHAT WE'VE ALREADY LEARNED.

EACH MISSION WILL INCLUDE A CHECKLIST SO THAT YOU KNOW:

- ☐ WHAT "DONE" LOOKS LIKE
- ☐ THE STEPS TO GET TO "DONE" - INCLUDING
- ☐ VIDEOS TO WATCH
- ☐ EXERCISES TO DO (& RECORD YOUR EXPERIENCE)
- ☐ PERSONAL ACTIVITIES TO COMPLETE
- ☐ COMMUNITY ACTIVITIES TO JOIN
- ☐ ADDITIONAL RESOURCES TO EXPLORE
- ☐ WHAT TO SUBMIT TO COMPLETE THE MISSION

Embrace *Your*  
**SUPERPOWERS**

# MISSION TOOLS

# WORKBOOKS

AND COMPLETING YOUR MISSIONS

## What to Expect:

On your **EYS Journey**, you'll be learning new things and wanting to **record your experience**, for yourself and to complete Missions.

You'll also be doing **activities** and **exercises** where you need to **track habits** or **keep a journal**.

I've included a **few examples** of the kinds of **worksheets** you will find in **Module and Mission packages** so that you can familiarize yourself with them.

I know that **not every format works for everyone**.

For example, my son - a Superhero with powers from his Dyslexia and Dysgraphia - isn't a big fan of workbooks and worksheets!

He makes lists and does work in **alternate formats** that are easier for him to do, and to share with others.

With that in mind, **every Mission video includes "what done looks like"** and **ideas for alternate** recording, completion, and submission **formats**.

**What if I left out a format that works for you?**

**Please let me know** ([info@speak-up.co](mailto:info@speak-up.co)) **so that we can expand "what done looks like" for the whole team!**



# CHECKLISTS

TO HELP YOU KEEP TRACK OF YOUR:

- ☐ 1.Tasks
- ☐ 2.Tools
- ☐ 3.Goals
- ☐ 4.Accomplishments, and
- ☐ 5.Anything Else To Complete a Mission
- ☐ 6. \_\_\_\_\_
- ☐ 7. \_\_\_\_\_
- ☐ 8. \_\_\_\_\_
- ☐ 9. \_\_\_\_\_
- ☐ 10. \_\_\_\_\_
- ☐ 11. \_\_\_\_\_
- ☐ 12. \_\_\_\_\_
- ☐ 13. \_\_\_\_\_
- ☐ 14. \_\_\_\_\_
- ☐ 15. \_\_\_\_\_
- ☐ 16. \_\_\_\_\_
- ☐ 17. \_\_\_\_\_



# COMPARISON WORKSHEET

WHAT ARE WE COMPARING

**INSTRUCTIONS:** Record comparisons - maybe before/after a specific activity or exercise

BEFORE

A light gray rectangular box for recording the 'BEFORE' comparison.

AFTER

A light gray rectangular box for recording the 'AFTER' comparison.

BEFORE

A light gray rectangular box for recording the 'BEFORE' comparison.

AFTER

A light gray rectangular box for recording the 'AFTER' comparison.

BEFORE

A light gray rectangular box for recording the 'BEFORE' comparison.

AFTER

A light gray rectangular box for recording the 'AFTER' comparison.

BEFORE

A light gray rectangular box for recording the 'BEFORE' comparison.

AFTER

A light gray rectangular box for recording the 'AFTER' comparison.



# QUESTION WORKSHEET

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**INSTRUCTIONS:** Answer questions about concepts from the video, or about your experience.

**QUESTION #1:** WHAT DOES .....?

**QUESTION #2:** WHAT'S YOUR.....?

**QUESTION #3:** WHAT HAVE YOU.....?

**QUESTION #4:** WHAT WILL.....?

**QUESTION #5:** WHAT ARE YOUR.....?





# TRACKER WORKSHEET

WHAT ARE WE TRYING & TRACKING ON THIS MISSION

✓ EXERCISE #1: \_\_\_\_\_

BEFORE I FELT...

AFTER I FELT...



✓ EXERCISE #2: \_\_\_\_\_

BEFORE I FELT...

AFTER I FELT...



✓ EXERCISE #3: \_\_\_\_\_

BEFORE I FELT...

AFTER I FELT...





## MISSION EXERCISE TITLE



# PERSONA WORKSHEET

BUILDING & UPGRADING YOUR SUPERHERO/ALLY

*Create & Share Your Superhero Persona  
(& Upgrades)  
in a way that works for you:*

*A drawing or image,  
or a video, or an audio description,  
or .....*

*(I'm not an artist and get anxious about creating art too!)*

*That's why I created a supportive environment  
where we recognize that our gifts and powers are different.*

*Play to YOUR strengths!*

*Share what Superpowers and Characteristics  
Your Superhero Persona has, in a way that lets you shine!*

*Together we can learn more about you, your powers,  
and how we can be a supportive Team for you!*



Embrace *Your*  
**SUPERPOWERS**

# MODULE LIST

# YOUR JOURNEY

EVERY SUPERHERO IS UNIQUE  
SO IS YOUR JOURNEY

## MAPPING YOUR JOURNEY

The **Embrace Your Superpowers program** is designed so that you can **customize your journey**.

This way you get what you need for:

- your unique superpower combination,
- in the areas of interest to you, and
- the issues you want to learn more about.

**Start with the Embrace Your Superpowers Introduction Module.**

This gives you the **foundation** to build your journey by introducing you to the **EYS perspective, module format, and resources**. It's a great **introduction to the community** and where you **start to create your personal Superhero or Ally Persona**.

Move on to your choice of modules in the **Mental Health or NeuroDiversity topics**. These focus on the **Superpowers** associated with **each diagnosis** and are **organized like the introduction module**, for consistency and reinforcing concepts and exercises. **Complete as many of these modules as you want!**

**To unlock the Special Topics Modules, complete two Mental Health or NeuroDiversity topics.** This ensures that you are familiar enough with the EYS perspective and foundational concepts to **get the most out of these more complex and explorational modules**.

**See the complete module list on the next pages.**

# MODULE LIST 1

TO PLAN YOUR JOURNEY

## ■ Embrace Your Superpowers

### Mental Health

- Spidey-Senses: Anxiety
- Bucky Barnes, Loyal Protector: Depression
- Hank Pym, Creative Explorer: Bipolar
- Tony Stark, Problem Solver: OCP/OCD
- Captain Marvel & Wolverine, Healers: (C)PTSD
- Thor. Acceptance: Eating, Image, & Self.

### NeuroDiversity

- Nightcrawler, Divergent Thinker: ADHD/VAST
- Wiz Kid, Misread Creator: Dyslexia/Dysgraphia
- Jubilee Dynamic Learner/Leader: Dyscalculia
- Groot, Time & Space Traveller: Dyspraxia
- Captain Fantastic & Drax: Autism

### **Complete as many modules as you want!**

Complete EYS Introduction and two other modules from this page to unlock the Special Topics Modules listed on the next pages.



# MODULE LIST 2

TO EXPAND YOUR JOURNEY

## Mentally Healthy & Neurodiverse Environments

- Youth, Mental Health & Neurodiversity
- Workplace Mental Health & Neurodiversity
- Peer Support Perspectives and Tools
- Allies: Supporting Lived Experience
- Managing Relationships and Diagnosis
- Mental Health For Entrepreneurs

## Tools for Recovery

- Your Sidekick: Neuroplasticity
- Positive Psychology
- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Meditation and Mindfulness
- Tech, Apps, and Recovery

**Complete as many modules as you want!**

More Special Topics on the next page.

# MODULE LIST 3

TO EXPAND YOUR JOURNEY

## Overcoming Our Supervillains

- Loving Ourselves on Our Darkest Days
- Leaving Stigma Behind
- Defeating the Inner Critic
- Managing Multiple Diagnoses

## Specialty Topics

- Recovering From a Global Pandemic

**Complete as many modules as you want!**





## MEET THE CREATOR

SHARON BLADY

So many experiences have shaped this program and my perspective on life, including being a:

- Two-time suicide survivor.
- Mother of twice-exceptional kids.
- Educator in Nursing & Social Work.
- Trained peer supporter.

I've felt like Wolverine, Bucky, and Carol Danvers. On their best and their worst days.

I am so grateful that you've chosen to join me and our Team of Superheroes and Allies!

*“Stan Lee was my first therapist: the X-Men gave me role models and safety that life didn't.”*

## HAVE QUESTIONS?

Email me at:  
[info@speak-up.co](mailto:info@speak-up.co)  
[www.speak-up.co](http://www.speak-up.co)



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A background image of Captain Marvel (Carol Danvers) in her suit, with a red overlay. The text 'Embrace Your SUPERPOWERS' is in the top right corner, with 'Your' in a script font.

Embrace *Your*  
SUPERPOWERS

**‘I’VE BEEN FIGHTING  
WITH ONE ARM TIED  
BEHIND MY BACK,  
BUT WHAT HAPPENS  
WHEN I’M FINALLY  
SET FREE?’**

CAROL DANVERS - CAPTAIN MARVEL

**SPEAKUP**  
*with Sharon Blady*

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