

Top Tips to Stop Self Harm

1. EXPLORE THE WHY

It's time to dig deep and explore the "why" behind self-harm. Take a peek at the emotions blueprint to spot what feelings bubble up when life gets too much. Once you've got that down, create a list of reasons to kick cutting to the curb. Remember, there's always a reason why we self-harm, and getting to the root of it is the first step towards recovery. When things get tough, hurting yourself might seem like a way to:

- feel in control again
- feel something in a numb world
- express or distract from unwanted emotions
- punish yourself

But let's face it, those reasons won't heal the pain. Let's uncover the real cause and blaze a trail towards a healthier, brighter future. Make a list on your phone for Reasons to STOP, look at it when the urge comes and see how quickly it might go...

2. TACKLE THE EMOTIONS

Let's tackle those pesky painful emotions! One of the first moves is to shake things up with some distraction techniques. These tricks work wonders in redirecting our attention to more positive vibes. Here are a few ideas to dive into:

Get physical: Work up a sweat with some exercise, stretching, or even a stroll to release those feel-good endorphins.

Stay present: Take a moment to practice mindfulness, or try a guided meditation to stay in the present moment and observe thoughts and emotions without judgment.

Tune in to tunes: Pump up the jams with a playlist of happy or chill-out songs to elevate your mood.

Get creative: Dive into a hobby like drawing, cooking, or anything that tickles your fancy to shift your focus from those negative emotions.

Connect with loved ones: Reach out to friends or family for a supportive chat and let them know you're struggling with self-harm. Call or TEXT 988 or TEXT CONNECT to 741741 for 24/7 help for self-harm. They've got your back!

Remember, it's important to find what works best for you. Experiment with different techniques and be patient with yourself as you learn to manage overwhelming emotions

3. MINIMIZE HARM

When it comes to harm minimization, some folks find these techniques a helpful quick fix. But don't forget that other approaches, like the ones we chatted about, might be even more beneficial.

Here are a few harm minimization tricks to consider:

Snap a rubber band on your wrist

Give yourself a pinch

Create abstract art on your skin with red pens

Hold onto a chilly ice pack

Soothe your hands under warm or cold water

Pop a sour sweet or spicy treat

Squeeze a stress ball

Give a cushion a good punch

Yell into a pillow

4. SELF-COMPASSION

Picture this: treating yourself with the same kindness, understanding, and acceptance you offer to your nearest and dearest. That's self-compassion in a nutshell! We're all bound to slip up and hit bumps on the road, but practicing self-compassion means giving yourself a gentle pat on the back instead of beating yourself up.

Research shows that self-compassion can be a real game-changer, reducing stress, increasing resilience, and lifting overall well-being. It's like a secret weapon to develop a positive self-image and handling tough emotions like a boss.

So, how do you practice self-compassion? Start by being mindful of your thoughts and emotions, and swap any negative self-talk with kinder words. Also, prioritize your self-care and well-being.

By embracing self-compassion, you're not just giving yourself a big hug, but also improving your relationships with others and your quality of life. Ready to dive in? Kristen Neff's website has some fantastic exercises and guided meditations to get you started.

<https://self-compassion.org/category/exercises/#guided-meditations>

