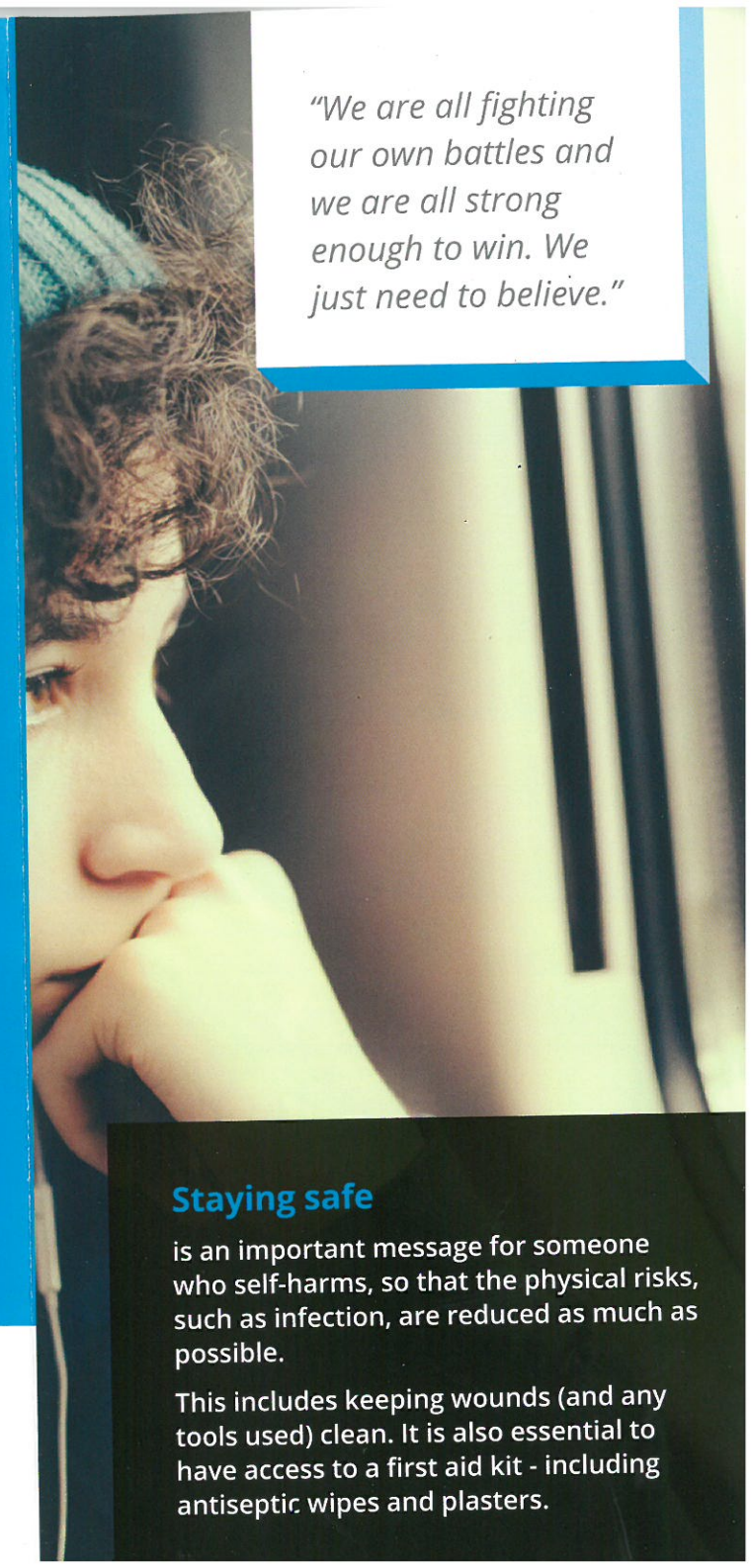


Coping strategies and distractions

Replacing self-harm with other, safer, coping strategies can be a positive way of dealing with difficult feelings. Different things work for different people, so you may need to try a few approaches to see what works for you. Helpful strategies when you want to self-harm can include:

- Hitting pillows, cushions or bean bags and having a good scream
- Going for a walk or run, or other kinds of exercise
- Snapping an elastic band on your wrist
- Watch your favourite TV show/funny videos online
- Crying is good
- Try to be around people until the urge or feeling passes
- Talking to someone you trust
- Avoid social media that makes you feel worse/bad about yourself
- Looking at supportive websites/message a helpline
- Read a good book
- Holding an ice cube against your skin instead of cutting
- Play video games
- Wrap your usual tool in a whole roll of sticky tape so that it's difficult to access

"We are all fighting our own battles and we are all strong enough to win. We just need to believe."



Staying safe

is an important message for someone who self-harms, so that the physical risks, such as infection, are reduced as much as possible.

This includes keeping wounds (and any tools used) clean. It is also essential to have access to a first aid kit - including antiseptic wipes and plasters.



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