

Self-Harm, Understanding and Regulating Emotions

This booklet Includes:

- Self-Harm Alternatives
- Understanding Self-Harm
- Self-Harm Hygiene
- Self- Harm Apps
- Self- Harm Vloggers
- Doodles/Colour me in
- Understanding Emotions
- Emotional Regulation
- Worksheets.

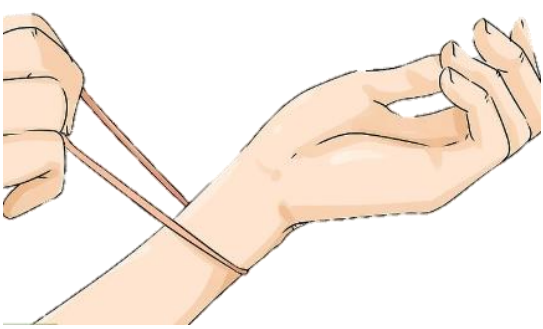


Self-Harm



Alternatives

- Snap a rubber band against your wrist
- Slap a hard surface – such as a wall or tabletop
- Find somewhere isolated and scream as loudly as you possibly can (alternatively do it into a cushion)
- Use a red marker pen to draw or write words on the place where you want to cut
 - Squeeze ice in your hands really hard
- Squeeze the 'pores' in the skin of an orange / satsuma / clementine (take care to avoid getting juice in your eyes)
 - Punch a cushion or punching bag – consider learning martial arts
 - Find an old magazine or newspaper and tear it up
- Write down exactly how you are feeling in a diary – or if you'd prefer to, just scribble everything out
- Take part in high-intensity exercise; like circuit training, boxing, running or swimming
 - Flatten aluminum cans for recycling – see how fast you can do it
 - Take a cold or hot bath
 - Get creative! Draw, paint, and make something to express your feelings.
 - Play music really loudly
 - Discover a new hobby!
 - Try squeezing a stress ball
 - Find a lake or ocean and throw stones into the water as hard and as far as you can
 - Look after and be kind to yourself; it doesn't have to be something active. You could try meditation, aromatherapy oil etc.



Self-Harm

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Why?

There are no fixed rules about why people self-harm. It really can be very different for everyone.

For some people, self-harm is linked to specific experiences and is a way of dealing with something that's either happening at the moment or which happened in the past. For others, the reasons are less clear and can be harder to make sense of.

Sometimes you might not know why you hurt yourself. If you don't understand the reasons for your self-harm, you are not alone and you can still ask for help.

[Samaritans](#) – call 116 123 (open 24 hours a day), email jo@samaritans.org, or visit [your local Samaritans branch](#)
[Mind](#) – call 0300 123 3393 or text 86463 (9am to 6pm on weekdays)
[Harmless](#) – email info@harmless.org.uk
[National Self Harm Network forums](#)
[YoungMinds Parents Helpline](#) – call 0808 802 5544 (9.30am to 4pm on weekdays)

Helpline



Who?

Self-harm is something that anyone can do, there is no one typical person who hurts themselves.

The age when people first self-harm ranges from four years old to people in their 60s. Emergency services receive more self-harm related calls from women than men – however, research suggests that men are equally likely to hurt themselves but face greater cultural barriers to reaching out and asking for help.

While anyone can self-harm, difficult experiences that can result in self-harm relate more to some people than others. Exam stress, classroom bullying and peer pressure is something that affects a lot of young people, for example. Questions and confusion about sexual orientation are more common for members of the LGBTQ community, and money worries can create greater stress for those on a lower income. These specific pressures, along with discrimination and stigma, can lead to increased tension which may in turn make self-harm more likely.

"Everyone is individual – there is no specific type of person who self-harms. The journey is unique, as is the road to recovery."



Self-Harm Hygiene

When/if self-harming it is important to keep your wounds hygienic to avoid further infection/harm.

The best way to do this is to:

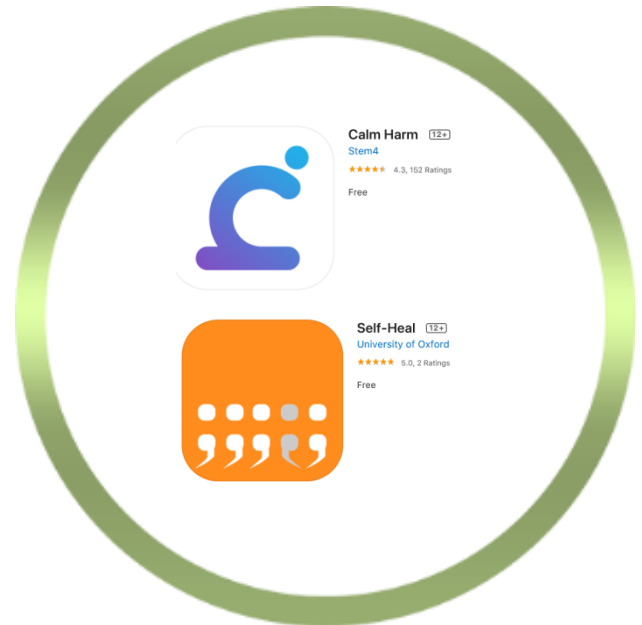
When (if you cut) cutting make sure your instrument is clean, (use hot water to sterilize them before and after use).

Clean wounds every day and watch for infection. Also make sure you do not pick at them and let them heal. You can also use healing cream to make sure that the do not get infected and have them heal quicker

To properly take care of any wounds, you should stop all bleeding. Then clean them by rinsing them off, drying carefully, and using alcohol disinfectant/warm sea salt and bandage them to get rid infection. You should carefully wrap the wounds. If they happen to be deep but small, try a butterfly bandage. Make sure to change your wound dressings, especially before and after a shower. Also, if/when they get itchy, do not scratch. Patting them lightly or even running cool water on them will reduce the itchiness

You should almost always go to the doctor if it is a deep wound, just to be sure, and if the wounds are from self-harm, you should speak to a therapist, your doctor or other healthcare professionals available to you.

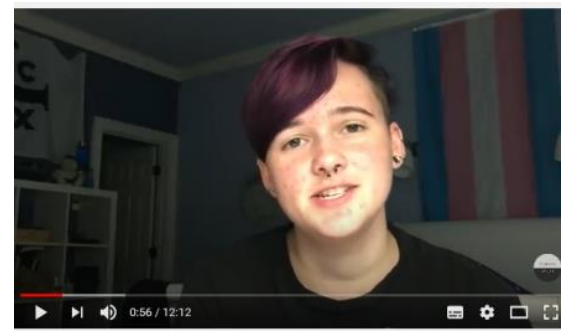
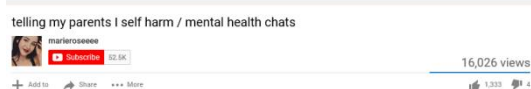
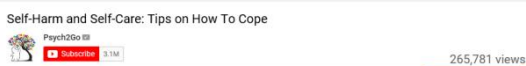
Self-Harm Apps



If you are going to harm yourself:

- Avoid drugs and alcohol as these can lead you to do more damage than you intended
- Get your [tetanus](#) vaccination up-to-date
- Try to avoid doing it when in a highly distressed state as you may cause more damage than you intended
- Learn basic [first aid](#) and keep wounds hygienic.
- Self-harm is private, but think about how you can quickly access help if you seriously hurt yourself
- Avoid using tablets or medicines – there is no such thing as a safe [overdose](#)

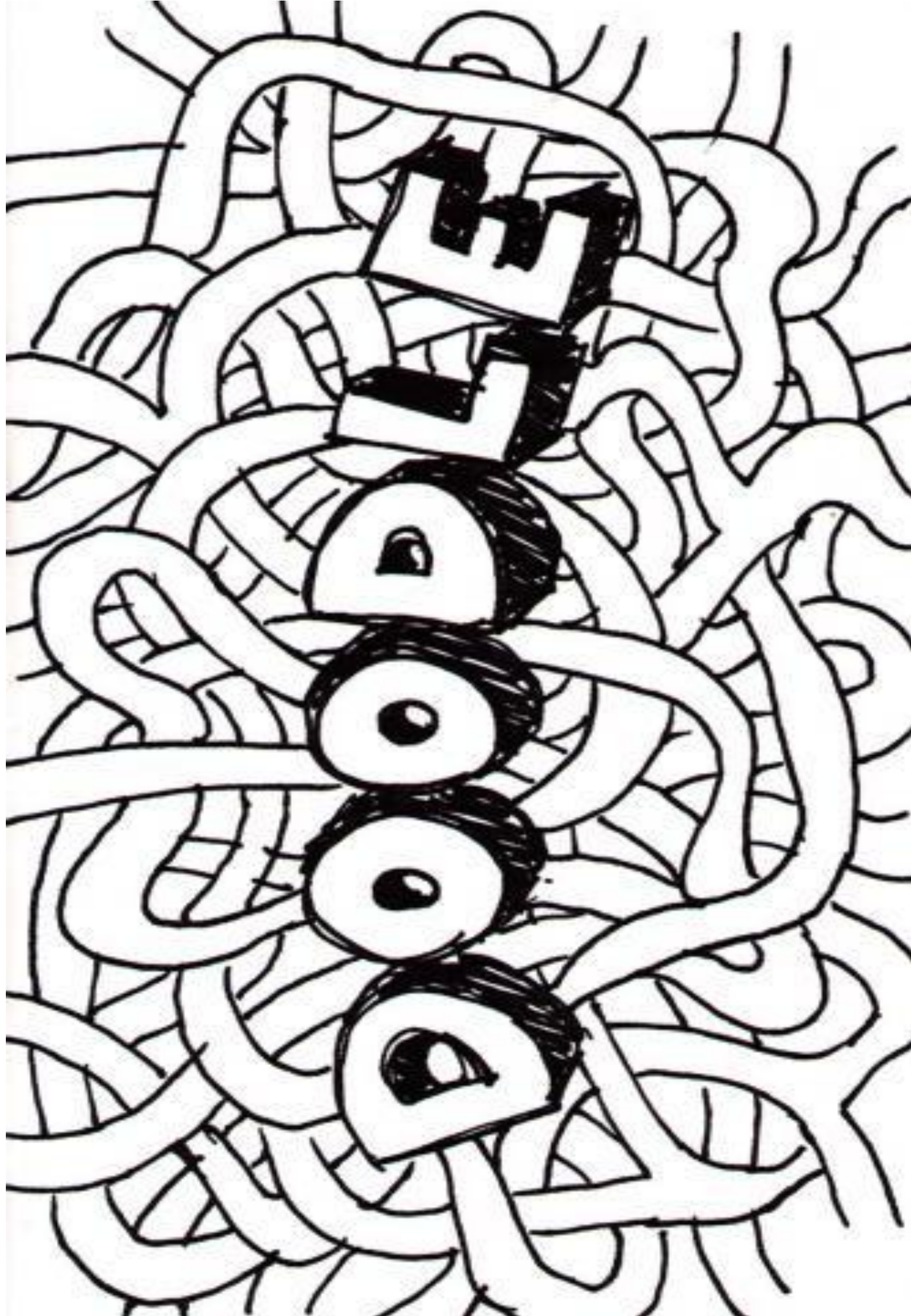
Self-Harm Vloggers

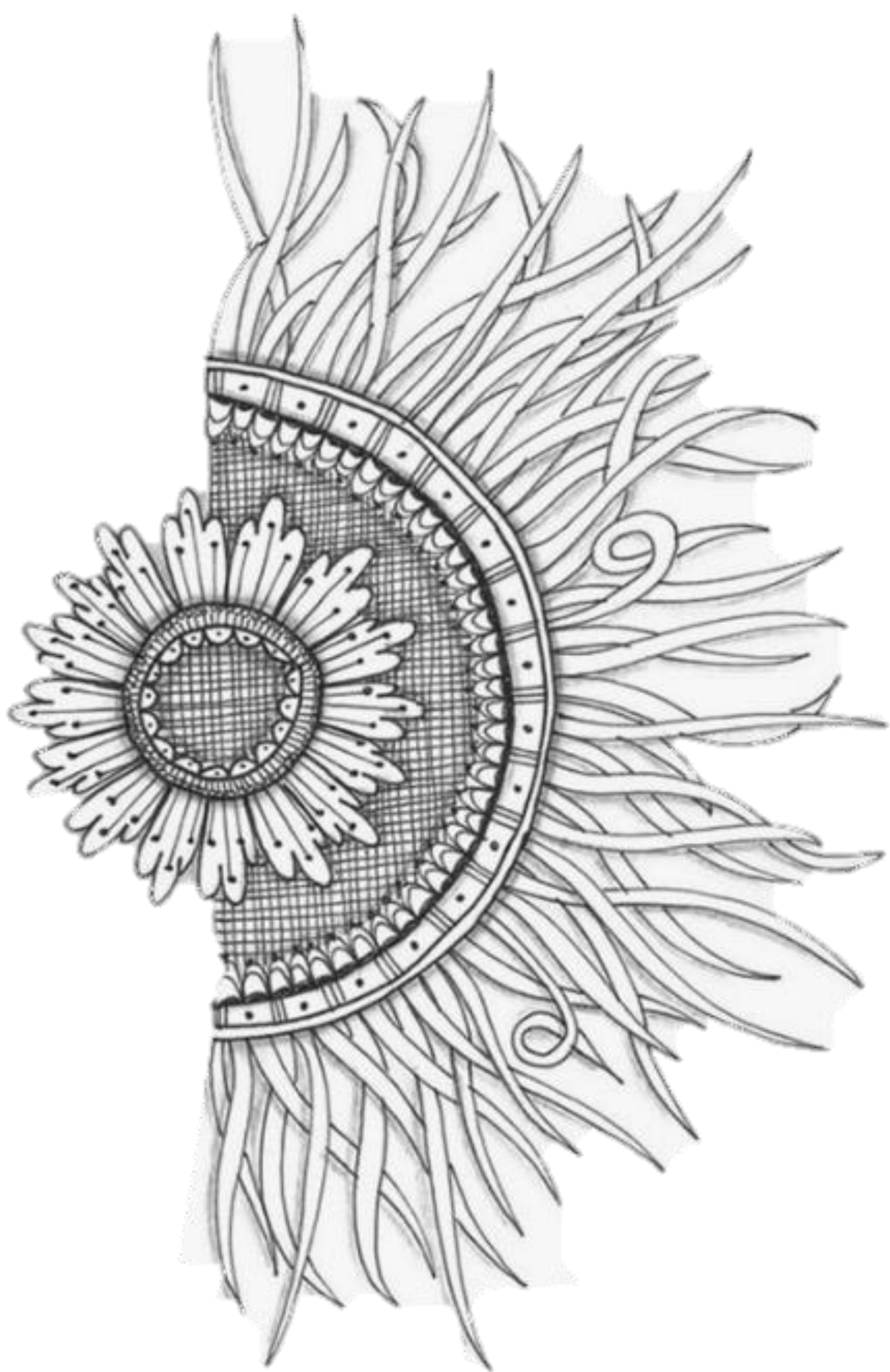


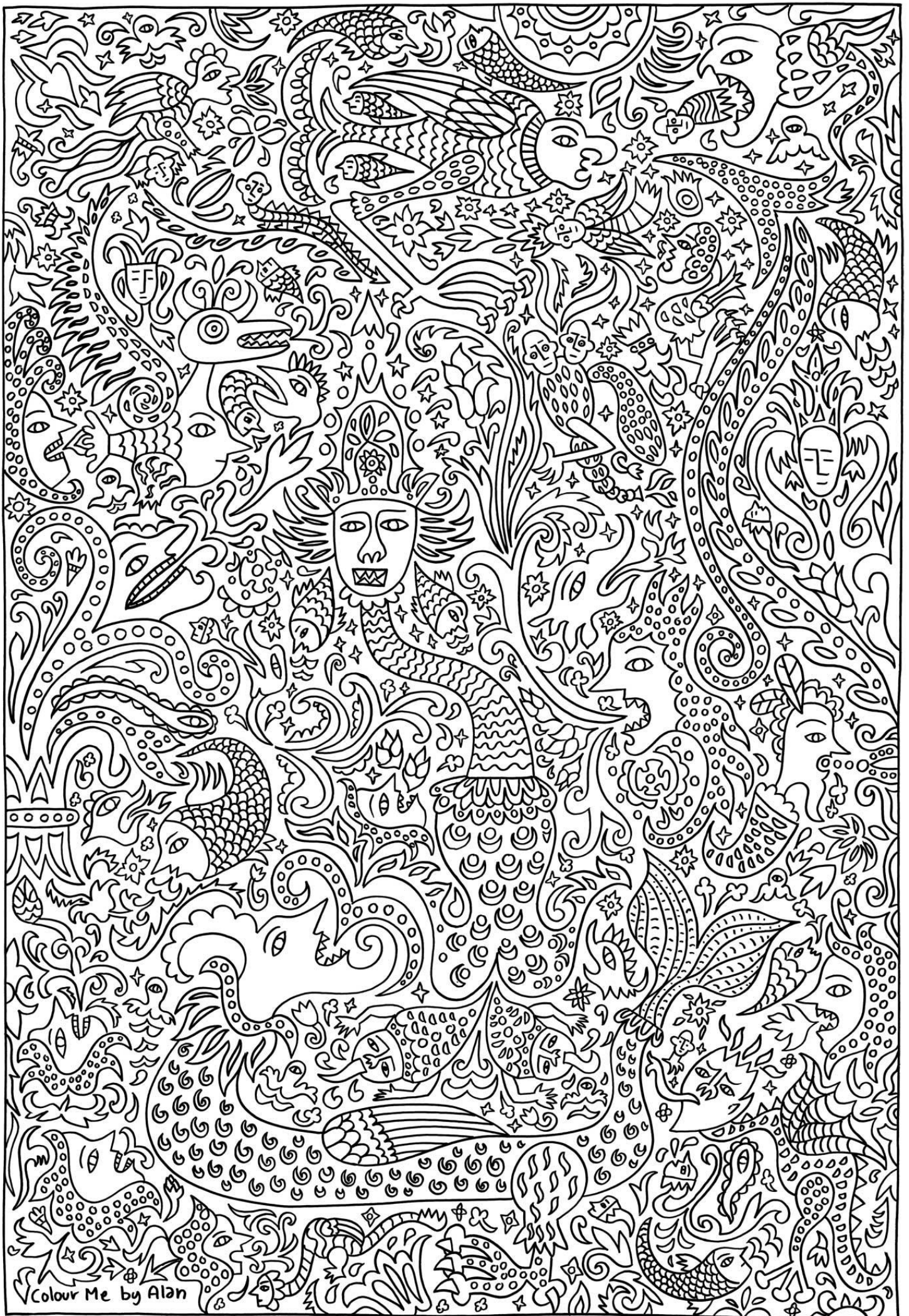
This page consist of some Vloggers who have shared their experiences and understanding of Self-Harm, why they do it and other alternative methods they've done.

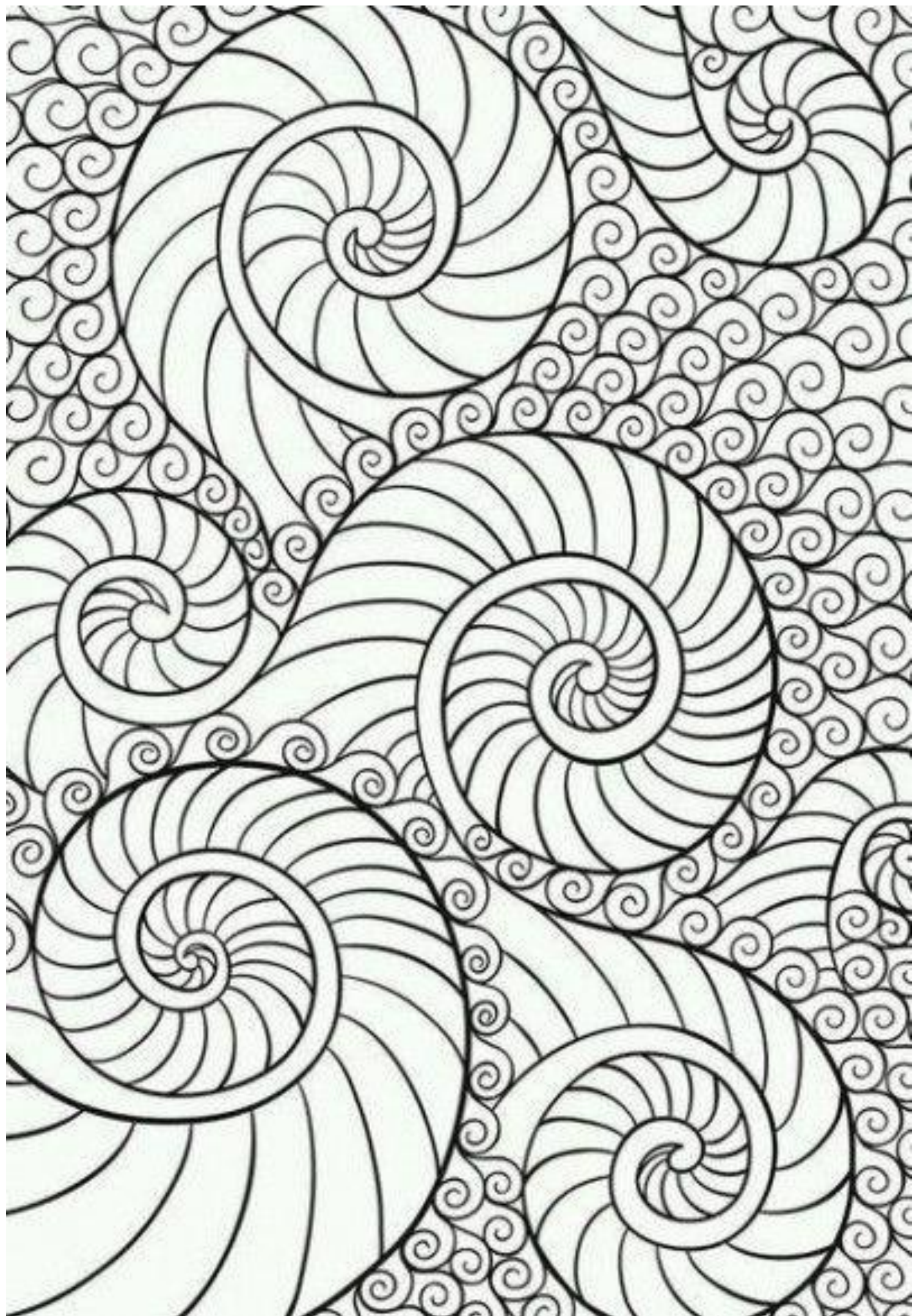
We know everyone is unique and everyone's story is different, but perhaps hearing others people's journeys could help you understand yours in a new light.

So why not check them out ☺









Understanding Emotions

How Emotions Help Us

What are you feeling, right now, as you start to read this? Are you curious? Hopeful that you'll learn something about yourself? Bored because this is something you have to do for school and you're not really into it — or happy because it's a school project you enjoy? Perhaps you're distracted by something else, like feeling excited about your weekend plans or sad because you just went through a breakup.

Emotions like these are part of human nature. They give us information about what we're experiencing and help us know how to react.

We sense our emotions from the time we're babies. Infants and young children react to their emotions with facial expressions or with actions like laughing, cuddling, or crying. They feel and show emotions, but they don't yet have the ability to name the emotion or say why they feel that way.

As we grow up, we become more skilled in understanding emotions. Instead of just reacting like little kids do, we can identify what we feel and put it into words. With time and practice, we get better at knowing what we are feeling and why. This skill is called **emotional awareness**.

Emotional awareness helps us know what we need and want (or don't want!). It helps us build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better, and move past difficult feelings more easily.

Some people are naturally more in touch with their emotions than others. The good news is, everyone can be more aware of their emotions. It just takes practice. But it's worth the effort: Emotional awareness is the first step toward building emotional intelligence, a skill that can help people succeed in life.

Emotions 101

Here are a few basic things about emotions:

- **Emotions come and go.** Most of us feel many different emotions throughout the day. Some last just a few seconds. Others might linger to become a mood.
- **Emotions can be mild, intense, or anywhere in between.** The intensity of an emotion can depend on the situation and on the person.
- **There are no good or bad emotions, but there are good and bad ways of expressing (or acting on) emotions.** Learning how to express emotions in acceptable ways is a separate skill — managing emotions — that is built on a foundation of being able to understand emotions.

It's All Good

Some emotions feel positive — like feeling happy, loving, confident, inspired, cheerful, interested, grateful, or included. Other emotions can seem more negative — like feeling angry, resentful, afraid, ashamed, guilty, sad, or worried. **Both positive and negative emotions are normal.**

All emotions tell us something about ourselves and our situation. But sometimes we find it hard to accept what we feel. We might judge ourselves for feeling a certain way, like if we feel jealous, for example. But instead of thinking we shouldn't feel that way, it's better to notice how we actually feel.

Avoiding negative feelings or pretending we don't feel the way we do can backfire. It's harder to move past difficult feelings and allow them to fade if we don't face them and try to understand why we feel that way. You don't have to dwell on your emotions or constantly talk about how you feel. Emotional awareness simply means recognizing, respecting, and accepting your feelings as they happen.

Building Emotional Awareness

Emotional awareness helps us know and accept ourselves. So how can you become more aware of your emotions? Start with these three simple steps:

1. **Make a habit of tuning in to how you feel in different situations throughout the day.** You might notice that you feel excited after making plans to go somewhere with a friend. Or that you feel nervous before an exam. You might be relaxed when listening to music, inspired by an art exhibit, or pleased when a friend gives you a compliment. Simply notice whatever emotion you feel, then name that emotion in your mind. It only takes a second to do this, but it's great practice. Notice that each emotion passes and makes room for the next experience.
2. **Rate how strong the feeling is.** After you notice and name an emotion, take it a step further: Rate how strongly you feel the emotion on a scale of 1–10, with 1 being the mildest feeling and 10 the most intense.
3. **Share your feelings with the people closest to you.** This is the best way to practice putting emotions into words, a skill that helps us feel closer to friends, boyfriends or girlfriends, parents, coaches — anyone. Make it a daily practice to share feelings with a friend or family member. You could share something that's quite personal or something that's simply an everyday emotion.

Just like anything else in life, when it comes to emotions, practice makes perfect! Remind yourself there are no good or bad emotions. Don't judge your feelings — just keep noticing and naming them.



MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.



Feelings and Emotions

Things that make me
happy...

Things that make me
sad...

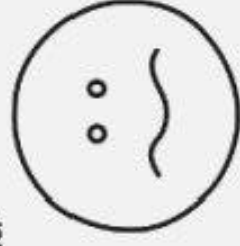
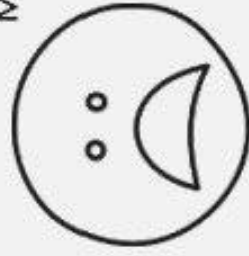
I get excited when...

I get angry when...

I was surprised when...

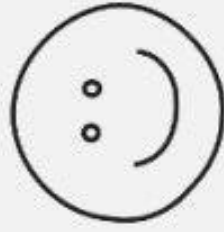
I was worried when...

Match the faces with the emotions.



angry

embarrassed



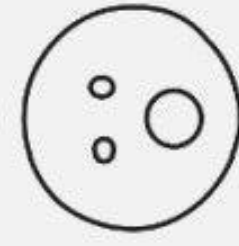
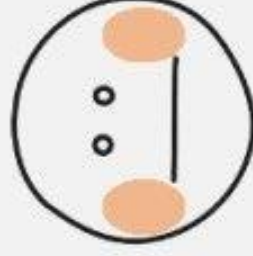
surprised

happy



worried

scared



sad

excited

