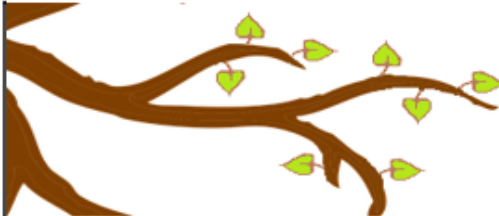




Sometimes noting down worries and stresses can really help people feel more relaxed and in control. Similarly, reminding ourselves of what makes us feel happy and calm can also be a great technique to improve our mood! Try using the mind map below.

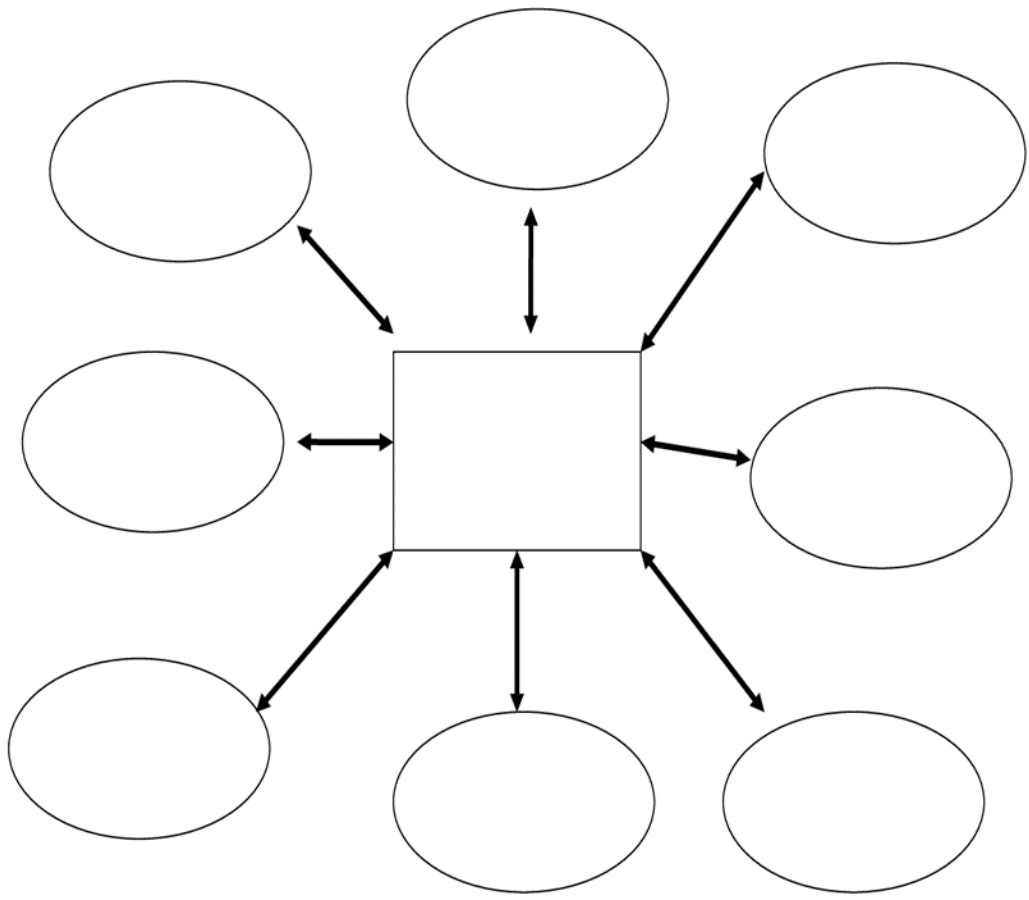
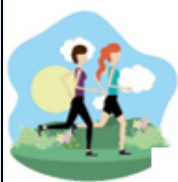


## Alternatives to Self-Harm for Young People

These are some ideas for helping young people delay or avoid self-harm that you might wish to consider. Some ideas might seem ridiculous, but others might work. Different people find that different things help, and it isn't a failure if you try something and it doesn't help. You will also be able to add things that you have discovered work for you.

### Distractors: To help take your mind off self-harming

- Exercise/go for a walk/ play your favourite sport
- Meditate/yoga
- Have a shower/bath
- Go to the shops
- Eat your favourite food
- Listen to some music or learn lyrics to a new song
- Play an instrument
- Read a book
- Pain/Draw/Sketch something
- Be productive (e.g. tidy your room, cook/bake)
- Play a board game or do a jigsaw
- Look at a map of the world and try to remember as many capital cities as you can
- Play your favourite video game





**Alternatives:** Provide some of the physical and visual sensations of self-harm without doing damage to your body



- Clench your fists around an ice cube
- Draw on yourself with a red pen and wash it off
- Ping an elastic band around your wrist (but not too hard)
- Plunge your face into a sink full of very cold water
- Have a cold shower

*Note down your own ideas and techniques*

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**Venting emotions:** To help release frustration/anger without harming yourself

- Scream as loudly as you can (into a pillow if need be)
- Sing as loudly as you can
- Punch a pillow
- Play music and dance manically!
- Tear up pieces of paper or cardboard
- Write a letter or draw what is frustrating you and tear it up
- Snap sticks in half
- Throwing/hitting a ball against a wall as hard as you can
- Run up a hill
- Smash a watermelon





Please take a look at our website:

[www.andyresearchclinic.com](http://www.andyresearchclinic.com)

Here, you can find a number of resources that you might find helpful while waiting for your initial appointment. You will also find more information about our team, how the Clinic works and our research.

**For general enquiries:**

Contact our team on: **0118 378 4682**

**For enquiries relating to specific research studies:**

Contact the researcher named on the website or in the study information sheet.

**WE ARE UNABLE TO PROVIDE URGENT CARE**

**For urgent help or advice (9-5pm):**

Contact Berkshire CAMHS Common Point of Entry (CPE) on: 0300 365 0300

**Outside of these hours (5pm-9am):**

Contact the CPE crisis team on: 0300 365 9999

**For urgent but non-life-threatening medical help:**

Call 111

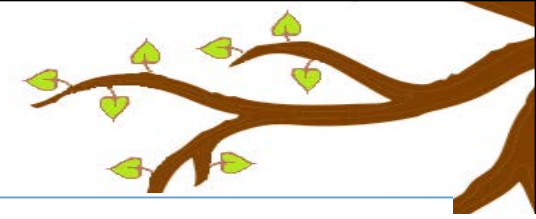
**In an emergency:**

Call 999 or attend A&E

*When feeling down/alone:* For when you're feeling low, even when you don't know why, try these to cheer you up

- Play with your pets
- Talk to your family or friends (about anything!)
- Look at photographs of family and friends
- Think of your favourite day ever
- Re-read your favourite childhood story
- Watch silly videos of cats or dogs on YouTube
- Have a long hug with someone
- Think about something you are looking forward to (e.g. a birthday, Christmas, Summer holidays)
- Create a 'calm' box (a box filled with all your favourite things)





## Other resources you may find useful

### Positive thoughts and reminders:

“I’ve done really well so far to not self-harm, I want to avoid doing it again for as long as I can!”

“If I can hang on, the feeling of wanting to self-harm can pass”

“I know I will feel a lot better in the long run if I don’t self-harm”

“I know I can cope, especially if I ... to help distract myself”

“ I can try several new techniques that can help distract me from these self-harm thoughts”

Another technique could be the 5 minute rule:  
If you feel you need to self-harm, wait 5 minutes before doing so, then see if you can go another 5 minutes, and so on, until the feeling to do so passes.

### Websites:

- Bellow are a few websites that provide more information about self-harm. All links can be found on our website -  
[www.andyresearchclinic.com](http://www.andyresearchclinic.com)
- Young Minds – Self-Harm
- Self-harm – Family Lives
- MindEd – For families

### Apps:

- Calm Harm- Manages self-harm
  - TalkLife
  - Self-Harm recovery

### Books:

- **Am I depressed? And what can I do about it?** – Shirley Reynolds & Monika Parkinson (2015)
- **Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques** – Melanie Fennell (1999)
- **Overcoming Your Child’s Fears and Worries** – Cathy Creswell