

OTR



***SELF HELP RESOURCE 1:
COPING STRATEGIES***



Welcome to your self help workbook.
Through this book we are going to get an understanding about why people might self harm and how to cope with this feeling.

THINGS TO REMEMBER...

- > Self harm can be any behaviour that causes some sort of harm to yourself
- > We don't judge anyone who self harms
- > We believe it's one of many ways of coping
- > What might work as an alternative for one person may not work for you- it may take a while to find the right one!



WHEN YOU SEE THIS SYMBOL IT'S ASKING YOU TO GET OUT THE SAFETY PLAN SHEET (ATTACHED SEPARATELY) TO FILL OUT. THIS IS SOMETHING YOU CAN PUT IN A SAFE PLACE AND USE WHEN YOU NEED IT.

WHY DO PEOPLE SELF HARM?

Sometimes it's much easier to change our behaviour if we understand why it happens in the first place.

On the next page there is a diagram called
'the window of tolerance'

This shows how we all have a 'window' of what we can tolerate.

The blue line shows how we move between this window, sometimes going up if we feel anxious, or down if we feel low.

When we remain inside the window we feel calmer and more in control of our emotions and behaviour.

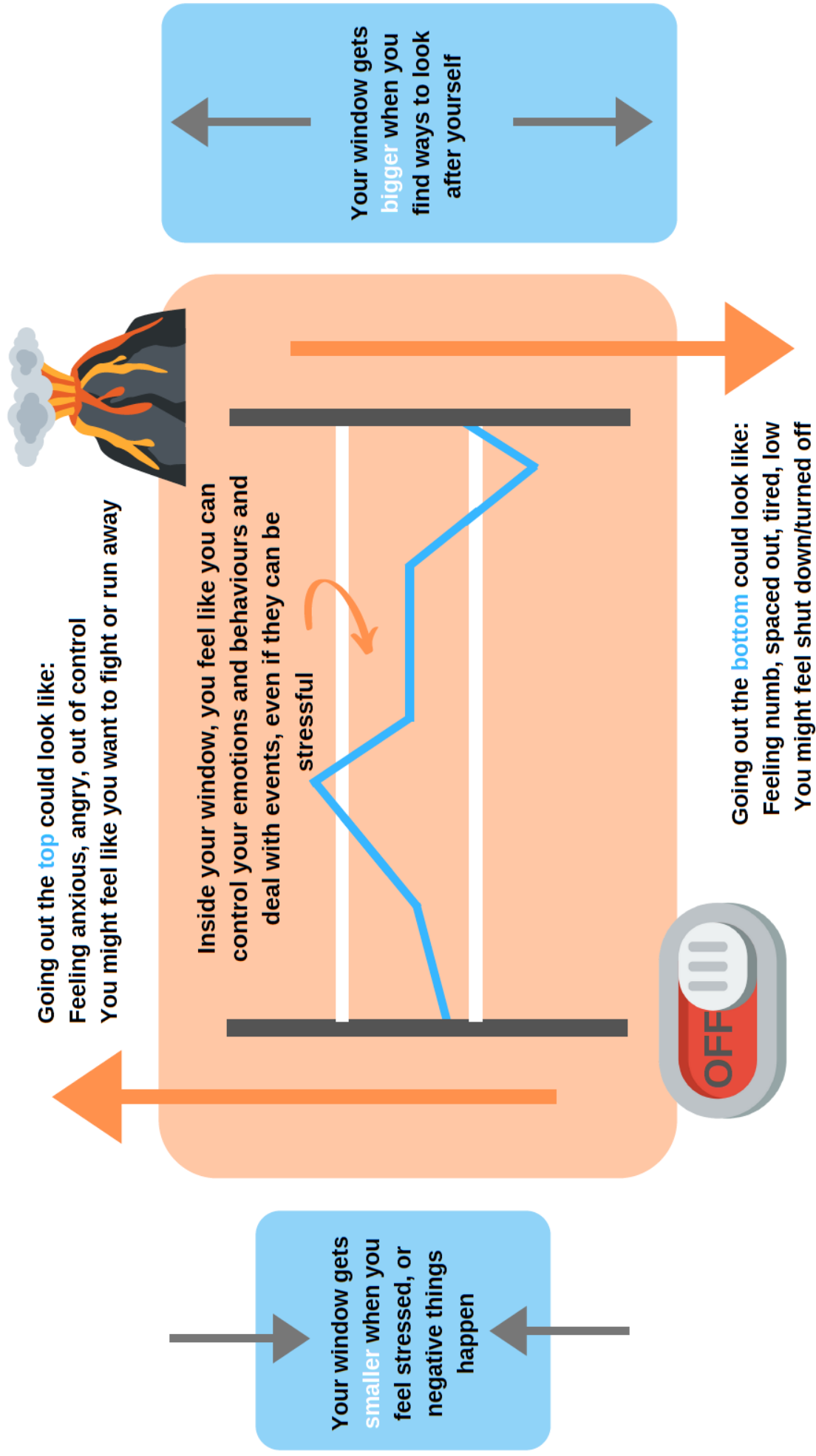
However, situations such as little sleep, falling out with friends, loss of loved one, high stress etc. can impact whether we are able to stay in our window or not.

When we go outside of our window (either above or below), this is a time when some people may self harm in an attempt to feel better and more in control of their emotions.

Check out the diagram and see what you think!



THE WINDOW OF TOLERANCE



WARNING SIGNS

A helpful place to start when understanding ourselves is to think about what it looks like when we are struggling.

These are called **warning signs**.

Sometimes, if we spot these early we can try doing things to help us feel better before it gets worse.

Have a think about yours below...

SIGNS WHEN I GO OUT THE TOP

SIGNS WHEN I GO OUT THE BOTTOM



PUT THIS INFO INTO THE 'WARNING SIGNS' PART OF YOUR SAFETY PLAN!

COPING TECHNIQUES

Now let's think of some things we can do to help get ourselves back into our window, these activities can also help keep us in our window once we are there- so keep practising them even when you're feeling OK!

If you're struggling for some inspiration check out this page by the Anna Freud Centre:

<https://www.annafreud.org/on-my-mind/self-care/>

HOW I CAN CALM DOWN IF I GO OUT THE TOP

HOW I CAN CREATE FEELING AND BE ACTIVE IF I GO OUT THE BOTTOM



PUT THIS INFO INTO THE 'KEEPING MYSELF IN MY WINDOW' PART OF YOUR SAFETY PLAN!

ALTERNATIVES TO SELF HARM

Maybe something really hard to cope with has happened, or the coping techniques aren't enough to stop us feeling the need to self harm.

Below are some ideas for a safer way to get a similar feeling. Remember, what works for some people won't work for everyone.

Try ticking or circling any you might want to try

**COLD SHOWER OR
BATH**

**RUBBER BAND ON
WRIST**

**PUNCH A
CUSHION/PILLOW**

**SQUEEZE ICE IN YOUR
HAND**

**SCRIBBLE OR WRITE
HOW YOU'RE FEELING**

**SHOUT/SING LOUDLY
IF YOU CAN**

**USE A PEN TO WRITE
OR DRAW ON YOU**

TEAR UP SOME PAPER

**HIGH INTENSITY
EXERCISE**

ANY OTHER IDEAS OR THINGS YOU'VE TRIED?



PUT THIS INFO INTO THE 'ALTERNATIVES TO SELF HARM' PART OF YOUR SAFETY PLAN!

That's all from this workbook!
Hopefully it has been helpful for you.
Remember to keep the Safety Plan with you as you'll be
completing the last bit during the next workbook.

THANK YOU!