



Working through self harm

A Workbook



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Harmless is a national user led self harm organisation that provides support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals.

Harmless is run by people with professional and personal experience of self harm, and we hope that our work inspires hope. We believe that recovery is possible for all, and believe in supporting people in a variety of ways with their distress to enable them to move forwards in their lives.

Acknowledgments

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Developing awareness of your self harm

This workbook is designed to help you think about the things that have led you to self harm, to look at what things might help you cope in your life, and how you can take care of yourself. Try and answer the questions as honestly as possible, even if they are hard. No one has to see your answers if you don't want them to. The exercises are for you to think about your thoughts and feelings, and any experiences that may have caused you difficulty. It will also ask you to reflect upon your self harm.

You might find that this workbook is useful to re-visit over a period of time, as you may feel different at different times in your life. It is important to develop an awareness of your self harm, as this will help you take control in different ways, in future.

This workbook is NO substitute for counselling or therapy. The idea is that if you understand yourself better, then you are in a stronger position to help yourself.

Remember – you can get through this. If you start to recognise that you are feeling uncomfortable with some of the questions and that this might cause you to self harm then we advise that you take a break, and come back to it when you are feeling a little stronger.

There are some questions that will ask you to look at your feelings and thoughts, and others that will ask you to think about practical solutions to certain situations. The idea of this workbook is to get you to think about things that might be painful, or that you might not have thought about before.

It is a very useful thing to monitor how you feel before you self harm, and the things that may make you start to think about hurting yourself. If you can learn to recognise these as they begin, then you can learn to manage these feelings in a different way. For example if you learn that you hurt yourself because you feel out of control, and then you recognise that you are starting to feel out of control then you might be able to do preventative things to avoid hurting yourself.

This workbook is for you – to help you understand yourself, and develop an understanding of what will help you the most.

At the back of the workbook, there are resources that might help you with your recovery.


Remember – you can get through this!

Writing down a few details about yourself, might help you keep a track of where you are at this time in your life.

How old are you?




How would you describe yourself? Write down what you would say about yourself if you could; think about the inner you (the way that you feel inside) and the outer you (the way other people see you and the way you function in the world). Is there a difference between the two?



Perhaps, in the space below you could draw the inner and the outer you.



Are there any differences between the inner you and the outer you?




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What, if anything, does this tell you about yourself?



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How could you be more true to yourself?



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What things do you not like about yourself?



What do you think is good about yourself? Write down **ONLY** positive words about yourself; words that describe good qualities that you have?



How would/do other people describe you? Think about positive things people have said about you.



What kind of things are you good at, such as art, or music. What things are you proud of yourself for?



When you think of the things you are proud of, how does it make you feel?



Are there areas of your life that you find difficult to make choices and decisions about?



Do you know why this is?



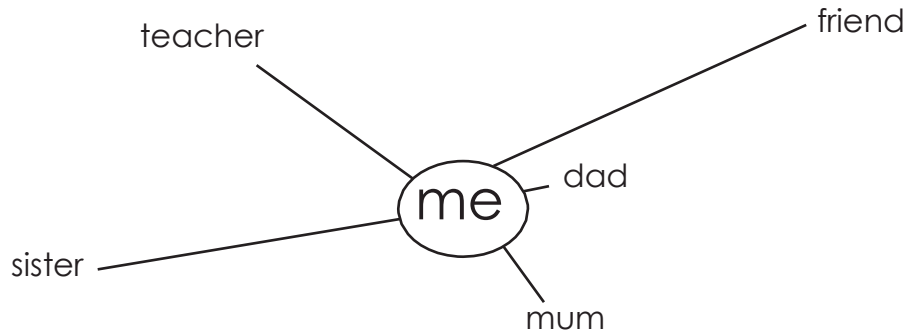
Is this something you would like to change – and if so, how would you like things to be?



Your support network.

Who are the important people in your life? Use this space to draw a network of all the people that are in your life. Put yourself in the middle, then position the people in your life around you. Do these people feel close, or far away from you?

e.g.




Who can you be yourself with?




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Who out of your support network understands and accepts you?



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Who is best to talk to?



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People tell us all the time, and we know from personal experience, how very difficult it is to talk about self harm. It might be useful to use your answers from this workbook to let someone close to you know what is going on in your life and how you are feeling. It can be sometimes easier than saying the words out loud.

If you can work out what feelings make you want to self harm, and are able to identify the things that trigger your self harm then you might be able to find other things to do, that replace self harm. Once you have worked out the things that might help you, keep this at hand. If you start to feel overwhelmed by your feelings, you can look back at your answers in this book and use this as a plan for how to help yourself. In particular, remember to look at:

- Is there anything other than self harm that makes your emotions, thoughts or experiences feel any better?
- Is there anything that might prevent you from hurting yourself?
- Is there anything that you can do to help you take care of yourself after you have self harmed?




How long have you been hurting yourself?



Here is a time line. Use this to mark down key things that have happened to you in your life, when you have self harmed and whether there have been times when you haven't self harmed. Sometimes using a diagram like this to represent your life span can help put things into a context.

We have used the frequency of self harm as a measure on the scale, but it may be that the severity of the self harm would be more useful to you. If so, then substitute these labels in a way that is more helpful to you.



A vertical timeline diagram for recording self-harm events. It features five vertical dashed lines representing time points. At the bottom, there are five boxes with labels: 'Self harmed lots', 'Self harmed sometimes', 'Self harmed hardly at all', 'Did not self harm', and 'Events'. To the right of these boxes is a vertical bar with 'PAST' at the bottom and 'PRESENT' at the top, with a dotted line indicating the progression of time.

Do you remember the first time that you self harmed? Try to think about whether something had happened to trigger this. If you know what it was, then see if you can write it down. This might be hard, but linking the painful experiences and emotions together can help you feel like you are the one in control.



There may not have been a specific event that happened, but try to think about the first time that you hurt yourself – what were you feeling/going through?



If there was something that you think made you start to hurt yourself, did you get any support for this experience or event, or those feelings?



If you did, was this helpful?



If not, what help do you think you would have liked or been helpful to you?



If this is something that you feel you still need help for, or you need something to help you right now – what help do you think you need or want? This might be therapy, or someone to talk to. Write a list of places that you might be able to get help from, such as family or friend, or a service, such as counselling or GP. For more information about what services might be able to help you – contact Harmless at info@harmless.org.uk



Nowadays, what feelings in your day to day life might cause you to self harm or what feeling do you associate with self harm?



Exercise:

We have spoken to many people who say they find it difficult to find words to describe how they are feeling. We have included a page full of words that people have used to describe how they are feeling. Mark the words that feel relevant to you in whatever way is useful to you (e.g. by highlighting them, linking them together or colouring them in)



ugly content happy hopeless
supported angry in control bad
lucky comfortable horrible
annoyed fed up guilty hazy
hurt ashamed disappointed free
heard confused annoyed good
dreadful difficult disgusted caring
blamed spontaneous punished
bored accepted inspired safe
joyful loved bitter furious fat
thin persecuted empty appalled
jealous insecure distant numb
indifferent astonished peaceful
overwhelmed anxious valued
unsociable proud strong weak

What particular experiences/events might make you hurt yourself? For example, for someone it might be that they have had a hard day at work, and for someone else it might be that they have had an argument with a partner or friend. Your feelings are valid and whatever they are; try and write them here.



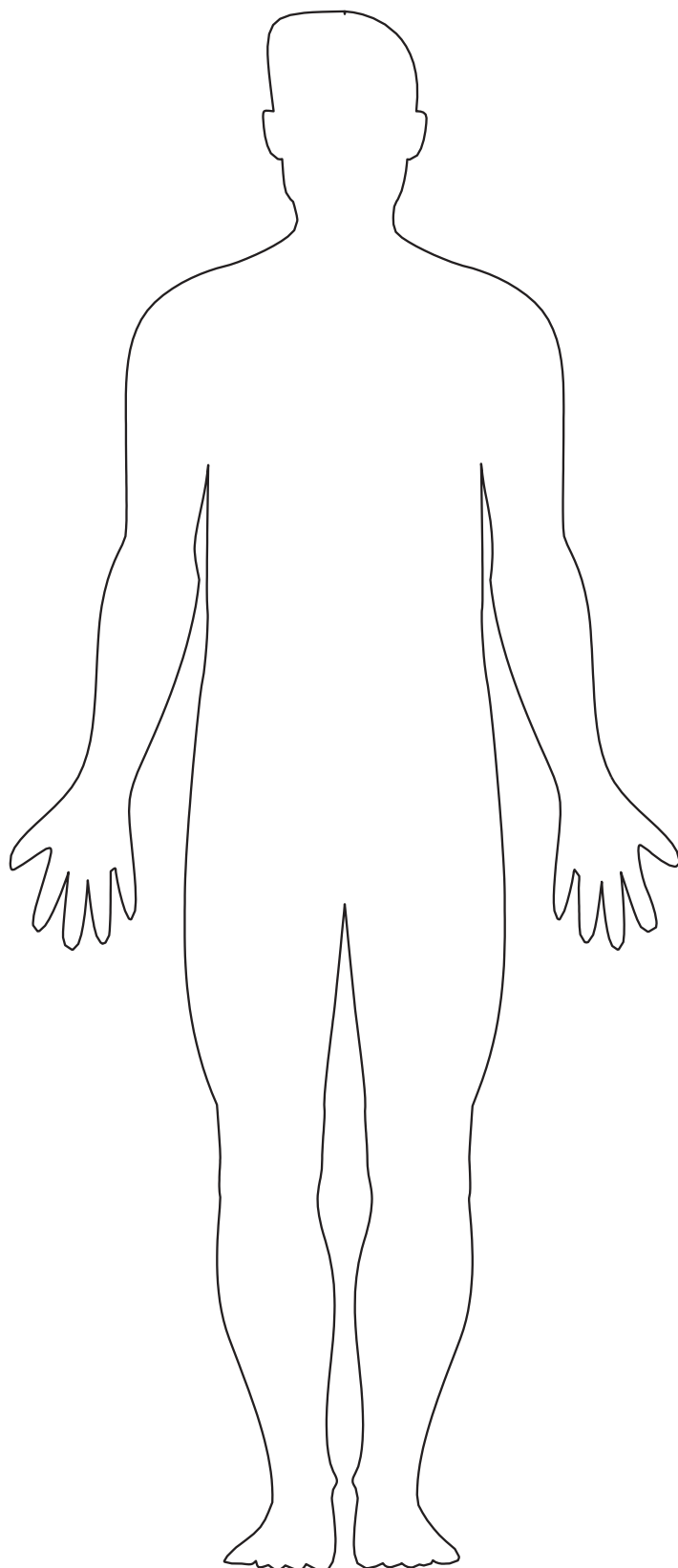
What thoughts or feelings make you feel like hurting yourself? This might be linked to the previous question, and it might feel quite different, depending on your experience.



What signs might there be that you are feeling or start to feel that way? For instance do you feel agitated, tearful, or does your heart start to race; think about whether there are certain bodily sensations that you might recognise, or certain thoughts that you might think before you self harm.



Where in your body do you feel these things? Mark this on the diagram below.
If you start to recognise that you are feeling or thinking these things then it might be a good time to refer to the next two sections.



Is there anything other than self harm that makes these emotions, thoughts or experiences feel any better?

Here you could think about things that you have tried in the past, and have helped you to feel better; or you could also think about new things that you haven't tried. These things could be things you do alone, such as having a hot bath or holding an ice cube, or doing something with others. The more things you think of, the more options you have to turn to if you are feeling bad (see our coping strategies at the end of this workbook for some ideas).



Is there anything that might prevent you from hurting yourself? (e.g. calling a helpline and talking through how you are feeling, going out for a walk). These answers may be similar to the previous question?



Is there a safe place that you could go to, to help you prevent you from self harming?



Exercise.

Try and think about the table below, to help you identify what places or people may help you to stay safe if you are starting to feel like hurting yourself.



Identified person or place that could help me	Advantages of going to the place/person.	Disadvantages of going to the place/person.
Example: go to best friend's house	Feel supported by my friend, they make me laugh. Wouldn't hurt myself there.	Sometimes my friend finds my distress difficult to cope with.

Are there patterns to when you might self harm, or specific events or feelings that you notice before you hurt yourself?

Try and write about these things here, as identifying patterns in feelings and behaviours may help you identify where you need more support. If you are aware of which experiences or feelings 'trigger' your thoughts and feelings about self harm, then it may really help you gain control.



To help you develop your awareness we are including some diary sheets for you to use; there are more copies at the back of this workbook in Appendix 1.

Diary Sheet

Use these diary sheets when you start to recognise that you may hurt yourself to monitor how you are feeling, and the reasons that you might want to hurt yourself. It might help you to find another solution.



Date:
Time:
Place:

How strong is the urge to hurt yourself? (1 – 10)

How are you feeling? Try and describe your feelings here:

What are you thinking?

Why do you want to hurt yourself? Is there something that is upsetting you, or something that has happened?

What could you do instead of hurting yourself?

How might you feel if you were able to not hurt yourself?

Even if you do end up hurting yourself, have you learnt anything from this experience?

How do you feel when you are in the middle of hurting yourself?



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Your self harm pg.24

Does anything else give you these feelings?



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What do you feel immediately after you self harm?



How do you feel a while after you have self harmed?



Sometimes people feel better for having hurt themselves – they feel like they are free for a while of the way they were feeling, or the thoughts that they had, but other people feel ashamed and unhappy. It is helpful to look at whether or not self harm is going to help in the long term, then you can learn to make decisions about what is going to be the most helpful way forward for you.

Exercise:

Try and fill in the boxes in the chart about incidents of self harm– it might help you think about your self harm in a context, including what happens as a consequence.



Trigger What has triggered me to self harm?	Thoughts, and Feelings What was I thinking? What was I feeling?	Consequence? Action What did I do then? Did I hurt myself? How did I hurt myself?	Positive Consequences What positive thing happened because I self harmed?	Negative Consequences What negative thing happened because I self harmed?
e.g. I've had an argument with my partner	I feel upset, alone, angry	I stormed out of the house, and hit a wall	I initially felt better, and it got rid of some of the anger and upset	I feel ashamed that I reacted that way, and of the self harm; my hand is hurt and bruised and I have to explain myself to others.

Is there anything that you can do to help you take care of yourself after you have self harmed? (Ideas for this might be taking care of wounds, having a hot drink, or calling a friend – try to identify things that will help you).



You could use this section as an action plan for you to look at when you need to. Sometimes when people have hurt themselves, it is hard to remember where you can get help from, or what things help so try to list the things here that would personally be helpful to you. This might be simple things like watching your favourite film or eating your favourite food, or it could be getting support from somewhere. If there are places or people that you could call, try and write them down here, with phone numbers, email addresses or websites.



If you have hurt yourself, make sure you are kind and forgiving to yourself and take care of yourself. If you need medical attention, please see your GP, call NHS Direct (0845 46 47) or attend A&E.

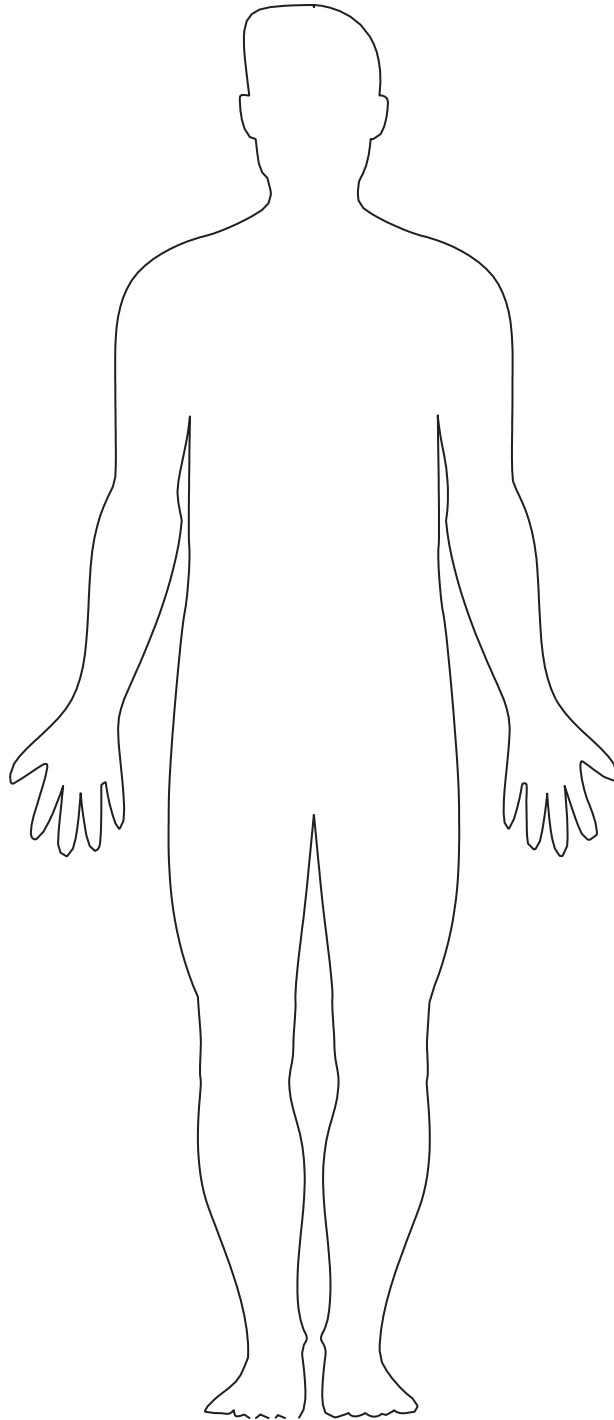
How do you hurt yourself? Do you hurt yourself in different ways, for example by cutting and/or burning?



If yes, do you do different things when you feel different things? For example, you pull your hair out when you feel anxious, and hit yourself when you are angry.



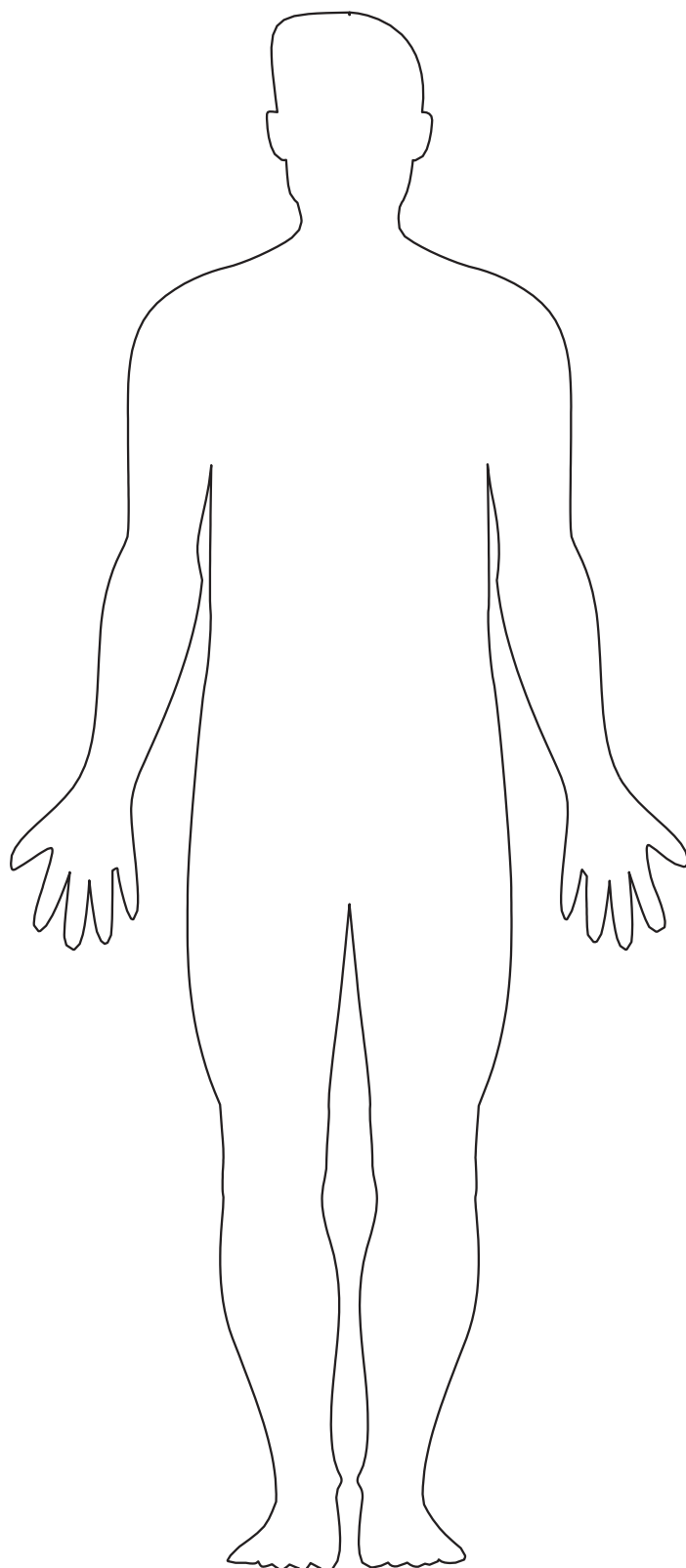
Where on your body do you hurt yourself?



Is there a reason for this? Some people may harm themselves where it cannot be seen, or because they hate a particular part of their body.



How do YOU feel about your body? Use the diagram below to indicate how you feel about different areas of your body. You can do this how you like, you can write things on it, or colour it in. As long as you understand it, it can be a good way of expressing and understanding how you feel about yourself.



Exercise pg.30

If you have scars...

You may or may not have scars from your self harm. If you do have scars from your self harm:

- You may want to hide them,
- You may have no choice but to show them (because of where on your body they are),
- You may feel comfortable with them being visible to others,
- You may be happy to have them and
- You may feel really bad about having them.

Scars can mean different things to different people: they may be really important to you, or they may cause you shame.

Do you have scars?



Do you have different types of scars?



What do your scars mean to you? Try to write about how you feel about your scars.



How do you feel about people seeing your scars?



What do you tell people about your scars?

If this has not happened yet, what would you feel comfortable telling people?

It might help you to think about how you are going to feel, and it might help you to plan how you might respond to people noticing your scars. You do not need to feel ashamed. Some people might lie, but the secrets can be very isolating. Consider what would be best for you.



If you find your scars difficult to deal with, it may be that you need time and support to come to terms with them. Remember that in time, they WILL fade. They are a part of your body, a sign of what you have been through.

There are several creams that are good to help reduce scarring; taking the time to look after your scars might be a healing process for you. It is something that you can do to be kind to yourself. Examples of what might be helpful for scars:

- Moisturisers that contain Vitamin E,
- Vitamin E capsules,
- Cocoa Butter
- Bio Oil.

Long term, different types of cosmetic surgery is a possibility for scarring, such as laser surgery. For most doctors to consider this as a possibility, you would need to demonstrate that you have recovered from self harm.

Remember – your scars are not a sign of weakness, they are a sign of survival!

Recovery?

Recovery is possible, but what it means for you is self-defined. For some this may mean stopping self harming altogether, for others this may mean harming less frequently or less severely.

There are many stages to recovery but this starts with identifying the problem/difficulty that needs addressing. There are also many things that will influence recovery, including the support that is encountered along the way. Remember, asking for help takes great courage. It is not a sign of weakness to ask for help; it shows a willingness to engage in your own recovery.

Most important for your recovery is the level of responsibility that you take for your own recovery and health. If you have a commitment to your own recovery, then things really can improve and change can happen.

Hopes for the future

This last section will get you to look at what you want your life to be like. Often when people self harm, they can forget to look forwards. It can be so hard to think about happier times, or a time when self harm might be less of a problem. But it is OK to feel better – it is not something that you should feel guilty about. You are entitled to feel happy, and it is possible. Spend a bit of time now thinking about your dreams for the future.

What would you like your life to be like? You could describe it here, or draw it – whatever feels easiest for you?



The answers to these questions might help you think about what changes you would like to make in your life – but it might also help you think about what you would like to stay the same in your life, and what things you already have that make you feel content and happy.

If you could do things differently for just one day, what promises would you make to yourself?



Where would you like to live?



Who would you like to live with?



What do you want your family life to be like?



What do you want your social life to be like?



What would you like to do for a job?



Are there any things you can do to work towards this?



Is there any hobbies that you would like to take up?



Is there anything specifically that you would like to achieve?



Is there anywhere that you would like to visit?



Self help ideas for coping with self harm

Because we are all individuals we all have our own unique ways of coping. Part of life's journey can be discovering what is helpful to us and what is not. Timing and circumstances influence what is helpful at a particular time.

Most coping strategies start off being helpful but when used too much, may become harmful and then not so helpful.

It is more effective to use coping strategies at the beginning of getting stressed, rather than later on when emotions and actions become out of control.

Many complementary therapies are useful by relaxing you sufficiently to safely cope with the distress. Depending on the experience of the therapist, they may or may not be able to give in depth help with your specific distress. Often it is not so much which therapy is helpful (there are many) but how safe and at ease you feel with the therapist.

The following suggestions have been used by people in the past and found to be useful in coping with their distress and sometimes being able to prevent their self harm. They do not replace seeing either a good therapist or contacting medical services, but can help in between times.

The activities are divided into groups depending on what is your strongest feeling at the time and a possible trigger to self harm. Remember these are only suggestions.

It is important to find your personal help list.

If you want to share what has been helpful to you and why, or for more information contact Harmless at info@harmless.org.uk

Anxiety / Panic

Breathing Exercises.

Slowly breathe out for a count of 7. Breathe in for count of 5 (through nose, tongue to the roof of your mouth).

Hold your hands over your abdomen just above naval – feel the rise and fall as you breathe.

Imagine breathing out the tension/anxiety and then breathe in calm (however you imagine it).

If you start to feel dizzy just breathe normally or cup your hands round your mouth & nose.

Visualising.

Imagine you are in your favourite safe place (a picture may help).

Imagine smelling the smells, feeling the ground, hearing the sounds.

Now imagine having a protective bubble around you, you can see out but no-one can get in, It can be any colour or material or thickness you like.

Now imagine walking around with this protective shield and see how safe you feel.

You can get this safe feeling any time by thinking about your bubble.

Physical.

The area above the naval (tummy button; known as the solar plexus) is often where we feel distress, just by resting our hands here is calming. This area is also calmed by massaging connecting areas in the hands (middle of palms) And in the feet (just under the ball of the foot in the middle) (Reflexology).

- Gently press acupuncture points between the eye brows (Ying tang), temples (Tai yang).
- Gently massage the entire ear between fingers and thumb, especially tender parts.
- Massage base of skull /top of neck, in the hollows either side of the spine (GB 20).
- Gently hold forehead with finger tips and thumbs on temples – (neuro vascular stress points).
- Stretch arms out to side and slightly back with thumbs upwards (titanic pose).
- Try 'relaxing' aromatherapy oil in roll on for easy application (often lavender, rose, chamomile).
- Take a warm bath with oils (can buy ready mixed from shops).
- Sea-bands which press on acupressure point on the inside of wrist (PC 6) – although these are sold for sickness – they can help with anxiety. Can also use sleep bands for wrist but different point (HT 7). (Boots).

Anger / Frustration

Often anger gets labelled as a negative emotion, but it is natural to feel angry or frustrated. It's important to learn to recognise and deal with these feelings; you do not need to feel ashamed to have these feelings.

Think of what you are angry about whilst doing the activity; as you become more tired, you will become less angry.

- Punch pillows, beach ball, exercise ball.
- Wring out a wet towel.
- Rip up scrap paper, newspapers.
- Throw soft objects against a wall.....game of squash, tennis etc.
- Go to the gym and use resistance gym equipment – stepper, rower, cross trainer.
- Go for a run or a walk, or go up a flight of stairs - 2 at a time, or just step ups, swinging arms on each stride.
- Dig in the garden, scrub the floor.
- Stamp on soft ground – soil, sand, springy grass.
- Slowly walk backwards pressing heel into ground.
- Press/massage between 1st & 2nd toe, below web, between bones on top of foot (LR 3).
- Shout, sing loudly (to car radio or where no-one can hear you).
- Do some drumming.
- Yoga –pose of the child/hare.

Spacing out / Dissociation / Not Feeling Real.

It is very common for people who self harm to describe feeling 'spaced out'; this is called dissociation. This can leave you feeling disorientated, out of touch with reality, and withdrawn. It's important that you do things to try and nurture yourself, and help you feel grounded again; this can often mean getting in touch with your body again. This is not a sign of madness, but people are very good at distancing themselves from their feelings in order to survive.

- **Standing- bounce on your heels, knees loose.**
- **Shake hands and arms –as though shaking off water.**
- **Walk bare-footed on grass, pebbles, cold tiles, different textures, – take care nothing sharp.**
- **Hand clapping.**
- **Ear pinching.**
- **Clap/tap with flat hand or finger tips or loose fist over entire body. To follow energy lines:
Down front of arms, up back of arms, down back/side of legs, up front of legs**
- **Massage body, spine over clothes with roller balls, spiked massage balls (see massage exercises).**
- **Press in groove between upper lip and nose (GV 26).**
- **Press either side the ankles (KI 3, UB 60), in the hollows, on level with the tips of ankle bones.**
- **Strong massage of feet, use heel of hand for under the foot, gently pull toes**
- **Reflexology insoles, foot roller, foot spa.**
- **Lean with back against the wall – feel entire back pushed against wall. Slowly bend knees (no more than 90 degrees or half way) stay in this position as long as is comfortable & keep breathing.
Slowly straighten knees. – now be aware of more feeling in legs and feet.**
- **Strong smells – peppermint (can buy as roll-on for temples) olbas oil, Tiger Balm.**
- **Swimming.**
- **Cool shower using soft brush or shower sponge.**
- **Whole body yoga stretches – cat, dog, cobra.**
- **March on spot with opposite hand touching knee. (Cross crawling).**
- **Talk out loud.**
- **Stroke pets.**

Distraction.

This is useful for anyone who starts to feel preoccupied with their negative thoughts, a good distraction will be any activity that occupies mind & body & needs full concentration – especially when learning.

- Dance eg. salsa, ballroom, jazz dance to home video.
- Tai chi & Qi gong – join class or use home DVD.
- Play a musical instrument. Paint, juggle.
- Balance on one leg (yoga –tree pose).
- Just being around people (even if they don't know any of what you are going through).
- Online puzzles / jigsaws.

Self Punishment / Low Self Worth.

Often people hurt themselves because they want to punish themselves, or because they have low self esteem. Try and use some of these things to help you while you are feeling this way.

- Find a small part of you which is good / pure, like a small pilot light or candle flame or seedling. Imagine protecting and nourishing it and imagine watching it grow and become stronger.... Perhaps refer to the positive things that you have listed about yourself at the beginning of this workbook.
- Pamper yourself, eat your favourite food or watch your favourite film.
- What job have you been putting off for some time? – do it! E.g. cleaning the cooker, tidying a room, or writing a letter to a friend.
- High jumps on the spot.
- Stand for a while on one leg.
- Use a TENS (Transcutaneous electrical Nerve stimulator.) Put the pads over where you intended to self harm.
- Twang elastic bands, or hold ice.
- If you harm yourself by cutting, then writing words with red pen where you intend to self harm may help you express your feelings on your body.
- Running.

Make your own Harmless Preventative 1st Aid Pack.

Here are some ideas to start you off:

- Write a list of anything from the above that you have found helpful, and any other ideas that you have.
- Rescue remedy- homeopathic drops for trauma & distress.
- Also check out other flower remedies to individualise for yourself.
- Aura Soma quintessence bottle (try orange pomander & lilac quintessence).
- Favourite aromatherapy oil / perfume.
- Picture of your safe or favourite place.
- Favourite DVD.
- Favourite crystal, stone pebble.
- Favourite sweets.
- Phone numbers & emails of who to contact for a chat, or to go out. Think of who can support you, or make you laugh.

Massage Exercises.

Hands

1. Stroke the back of your hand, pushing firmly up toward the wrist and gliding back gently. Then squeeze the hand all over, pressing it between your palm and your fingers.
2. Squeeze each finger all over and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull it gently to stretch it, sliding your grip up the finger and off the tip.
3. Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to the wrists doing four strokes in each furrow.
4. Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.
5. Finish the massage by stroking the palm of your hand from the fingers to the wrist. Push into it with the heel of your other hand, then glide gently back and repeat. If you end your massage with your hands, this is a good time to apply a hand lotion to them.

Shoulder

1. Stroke your right shoulder with your left hand. Mould your hand to the curves of your body. Starting at the base of your skull, stroke down the side of your neck, over your shoulder and down your arm to the elbow. Glide back to your neck and repeat at least three times. Then do the other side.
2. Make circular pressures with your fingertips on either side of the spine. Work up the neck and around the base of the skull. Then knead each shoulder; squeeze and release the flesh on your shoulders and at the top of your arms.
3. Loosely clench your left hand into a fist and gently pound your right shoulder. Keep your wrist flexible. This springy movement improves the circulation and can be very invigorating if you are tired. Repeat on the other side.
4. Finish by stroking softly and smoothly both hands. Start with your hands on the side of your face and glide them gently down under your chin. Slide your hands past each other at the front of the neck, so that each hand is on the opposite shoulder. Stroke gently over your shoulders, down your arms and off at the fingertips. Repeat as often as you like. This hypnotic stroke is so relaxing and can relieve headaches and tension.

Recipes.

The recipes in this section have been contributed by The Mental Health Foundation following their Feeding Minds campaign.

Food can have an immediate and lasting effect upon your mental health and well-being. Certain foods have been found to help people manage their moods and feelings.

These foods have been combined into recipes that will promote emotional wellbeing.

Caution: Preparation for some of the recipes requires using sharp knives, or heat. If you feel that this may 'trigger' your self harm and put you at risk, then please take care. Perhaps postpone the activity for a while, until you feel safer.

For more information see the Mental Health Foundation website:

www.mentalhealth.org.uk



Feeding Minds

Pasta with chicken and mushrooms (serves 4)

- 4 skinless chicken breast fillets (cut into chunks)
- ¼ ounce shiitake mushrooms (dried)
- 8 ounces button mushrooms
- 4 cloves of garlic crushed
- 1 red onion
- 1 red pepper finely diced
- 1 teaspoon fresh or dried rosemary
- 1 tin tomatoes
- 1 cup water
- 1 tablespoon olive oil
- 10 ounces butterfly pasta
- ¼ cup grated parmesan cheese



Place shiitake mushrooms in boiling water and leave for 15- 20 minutes until mushrooms soften. Remove from water and cut into chunks. Strain remaining stock and put to one side.

Heat oil in large non-stick frying pan. On medium heat, add diced onion and garlic and cook until golden brown. Stir in shiitake and button mushrooms. Cook for five minutes until tender, stirring continuously.

Add tomatoes, diced red pepper, rosemary and mushroom stock, and bring to the boil, before adding chicken. Simmer for 20 minutes.

Once above ingredients have been added, start heating large saucepan of water for pasta. Add pasta to boiling water and follow timing instructions.

Drain pasta and mix with sauce. Serve and sprinkle parmesan on top.

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Feeding Minds

Cottage cheese and egg bake (serves 3-4)

- 5 large eggs
- Small knob of butter
- 5 tbsp cottage cheese
- 1 tbsp fresh parsley chopped
- Sea salt and course ground black pepper



Preheat oven to 200C and lightly butter baking dish.

Mix the eggs, cheese, seasoning and herbs together.

Bake 12-15 minutes.

Serve with green beans or asparagus.

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Feeding Minds

Tortilla topped with spinach and cheese (serves 2-3)

- 2 large flour tortillas
- 2 tbsp low-fat sour cream
- 300g frozen chopped spinach
- 1 large tomato, chopped
- 60g reduced-fat grated cheddar cheese
- 30g spring onions, thinly sliced



Preheat the oven to 230 C/gas mark 8. Place the tortillas on a baking tray. Cook for 3 minutes, or until golden brown. Remove from the oven and reduce the temperature to 180 C/gas mark 4.

Spread the sour cream evenly over the tortillas. Top with the spinach and tomato. Next, sprinkle evenly with the cheese. Bake for 5 minutes more, or until the cheese is melted.

Sprinkle with the spring onions. Cut tortillas into slices and serve immediately.

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Feeding Minds

Blueberry & cranberry smoothie (serves 2)

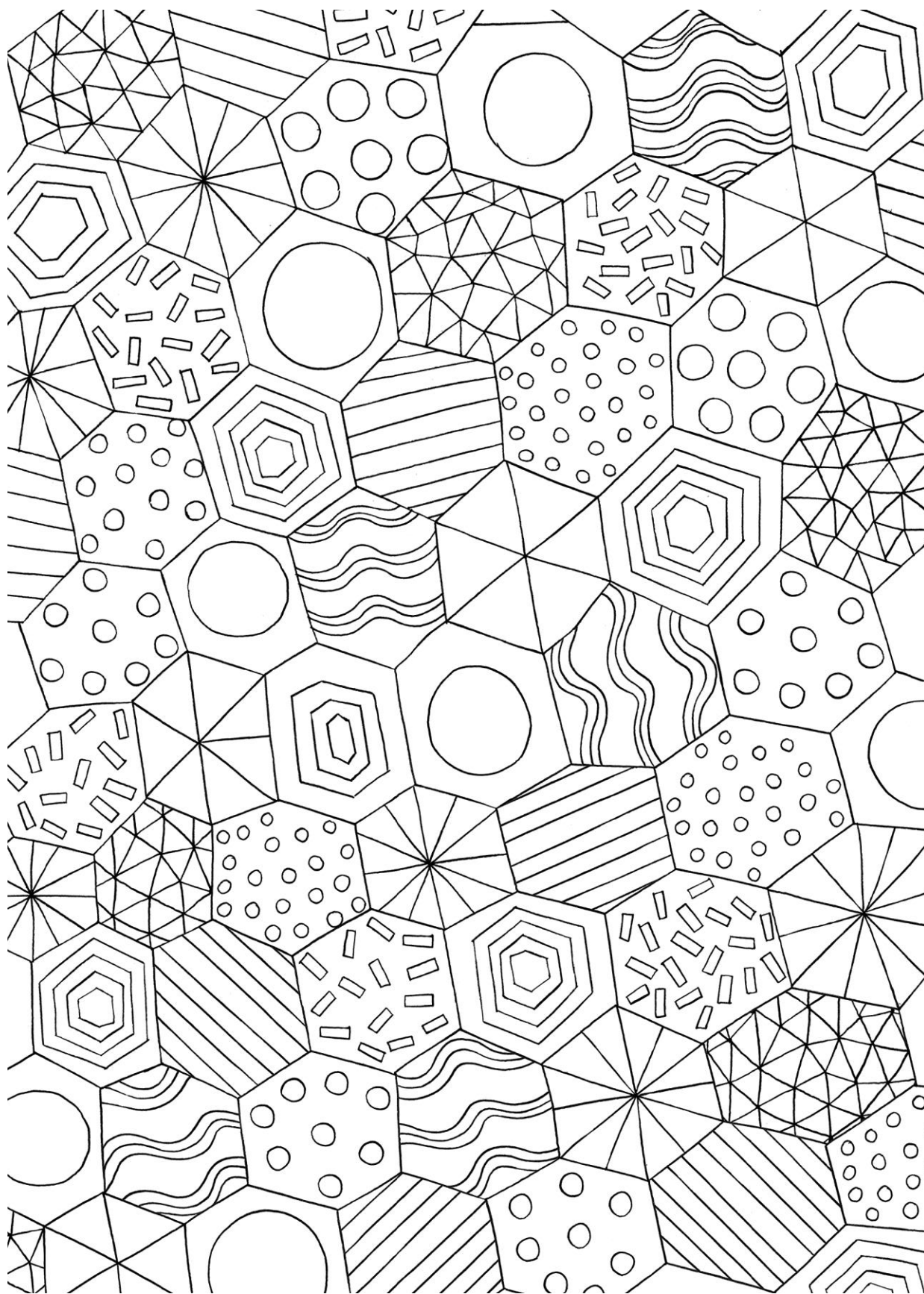
- 1 cup blueberries
- 1 cup cranberries
- ¾ carton of cranberry juice (or milk)
- 1-2 bananas
- Ice optional

Blend together and enjoy!



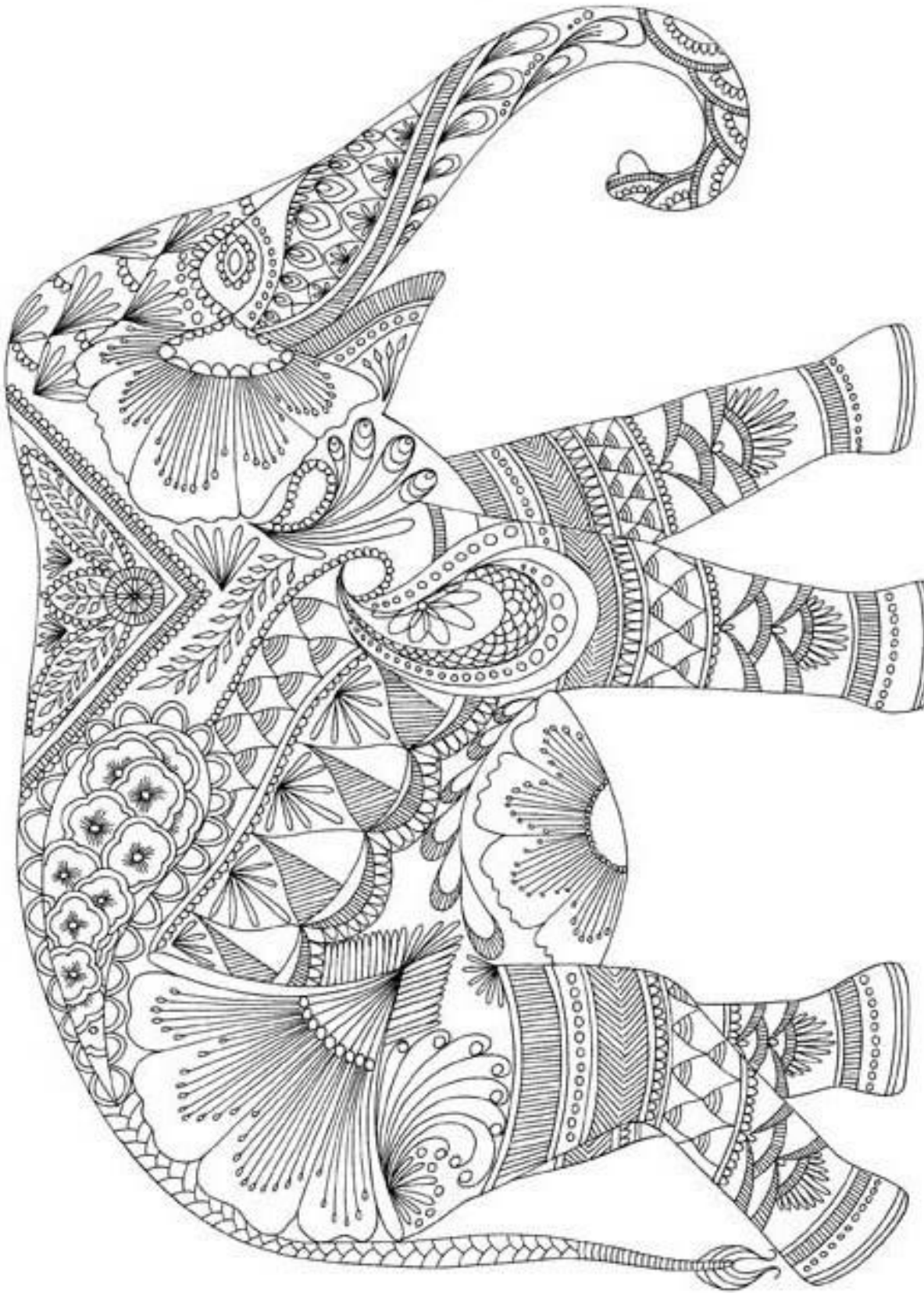
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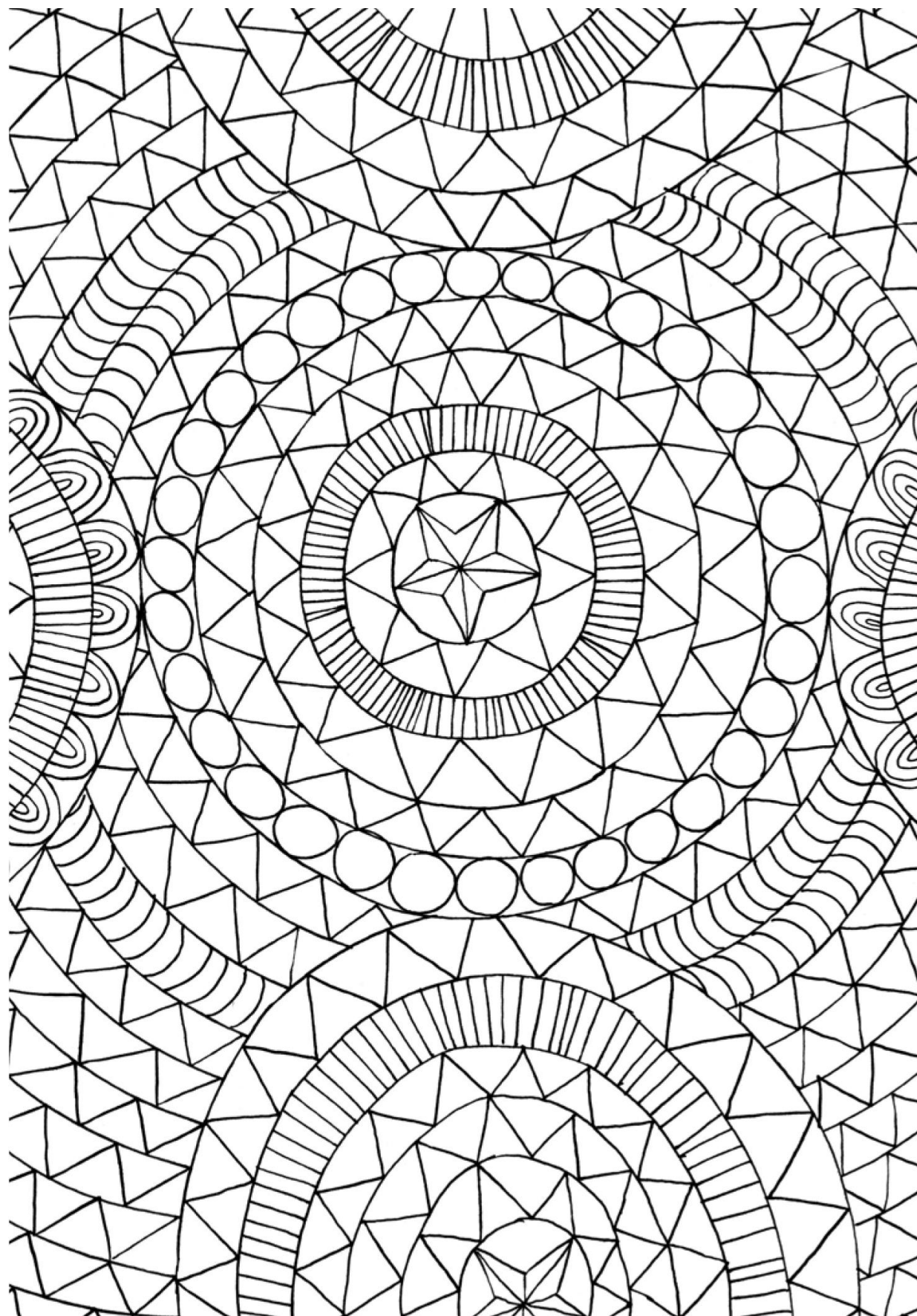
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Mindful colouring:



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Mindful colouring:



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Diary Sheet

Use these diary sheets when you start to recognise that you may hurt yourself to monitor how you are feeling, and the reasons that you might want to hurt yourself. It might help you to find another solution.



Date:
Time:
Place:

How strong is the urge to hurt yourself? (1 – 10)

How are you feeling? Try and describe your feelings here:

What are you thinking?

Why do you want to hurt yourself? Is there something that is upsetting you, or something that has happened?

What could you do instead of hurting yourself?

How might you feel if you were able to not hurt yourself?

Even if you do end up hurting yourself, have you learnt anything from this experience?

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ISBN 9780956015709



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