



## Self-Harm Resources

### What is it?

- A coping box/ selfcare box is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviours.

**Remember it is important to complete this when you're feeling more positive so that you can reflect on what is most helpful to you.**

- **Work out what makes you happy.** Try making a list of activities, people and places that make you happy or feel good. Then make a list of what you do every day. It probably won't be possible to include all the things that make you happy but try to find ways to bring those things into your daily routine.

### Self-soothing

## Self-Soothing

(Comforting yourself through your five senses)

1. **Something to touch**  
(ex: stuffed animal, stress ball)
2. **Something to hear**  
(ex: music, meditation guides)
3. **Something to see**  
(ex: snowglobe, happy pictures)
4. **Something to taste**  
(ex: mints, tea, sour candy)
5. **Something to smell**  
(ex: lotion, candles, perfume)

### Distraction

(Taking your mind off the problem for a while)

**Examples**

Puzzles, books, artwork, crafts, knitting, sewing, positive websites, music, movies. Anything that is already working well? Something that you can build on.

**Opposite action**

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

Affirmations and inspiration: - looking at or drawing motivational statements or images.

Something funny or cheering: - funny movies/tv/books.

**Emotional awareness**

(Tools for identifying and expressing your feelings)

Examples: - A list or chart of emotions, a journal, writing supplies, drawing/ art supplies.

**Mindfulness**

(Tools for centering and grounding yourself in the present moment)

Examples mediation or relaxation recordings. Grounding objects (like decorated rocks) breathing exercises.

**Put it all together**

Once you've gathered all the items, put them together in a box or container, decorate it and put it in a place where you'll remember it. Use it when you need too.