



Self-Injury & How to Deal

Hurting yourself, turning to alcohol or drugs, or engaging in activities you know could be unsafe are not healthy ways to cope with emotions.

If you engage in these kinds of behaviors, try to replace them with alternative behaviors. Try out a few things so that the next time you feel an urge to hurt yourself, you know you have alternatives.

Healthy ways to deal:

- **Create Something:** Paint, sculpt, write poetry or lyrics, blog, make a webpage, or take photographs
- **Make a CD** with positive and upbeat music that you can put in when you are feeling down
- **Express yourself** in writing. Keep a Journal. List 10 things for which you are proud of yourself. Write a letter to your past or future self



Everyone is different.
Find a healthy way to cope
that works for you.

Immediate alternatives to self-injury when you feel The Urge:

- Keep a **red pen** handy to draw on your arm with
- Wear a **rubber band** around your wrist that you can snap when you feel an urge to hurt yourself
- Punch or tear up a pillow, **scream**, sprint, or jump up and down
- Take a **bite** of something strong, like a hot pepper or lemon

Understand

Ask yourself what you are feeling that creates an urge to hurt yourself. Does it make you feel in control and relaxed? Does it make you feel real or alive? Stopping the self-harming behavior does not fix this underlying cause

Express

Talk to someone you can trust. It can seem impossible, but having someone to support you can make a big difference. When you are ready, have a plan: pick a comfortable location, and set aside plenty of time when you can talk with a clear mind.

Suicide: Self-injury is not suicidal behavior. However, if any mention of suicide is made, this should be taken very seriously and given immediate attention.

Linden Oaks at Edward Help Line:
(630) 305-5500

For More information on self-injury, go to:
<http://www.lifesigns.org.uk>

For more information contact Maureen Obuchowski 630-264-7670 or
www.kanehealth.com/coalition.htm