

Comfort Kit

HOW MANY QUESTIONS CAN YOU ANSWER BEFORE YOU SELF-INJURE?

- Why do I feel the need to hurt myself? What has brought me to this point?
- Have I been here before? What did I do to deal with it? How did I feel then?
- What have I done to ease this discomfort so far? What else can I do that won't hurt me?
- How do I feel right now?
- What regrets might I feel if I do this?



HERE ARE SOME SUGGESTED ITEMS FOR YOUR COMFORT KIT:

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| • Sand Timer | • Cards | • Pictures of your | • Coloring book |
| • Markers | • Journal and Pen | favorite place and person. | • Sketch pad |
| • Squeeze Ball | • Drawing Pad | • Index card with | • Activity book |
| • Hand Lotion | • Rubber Band | names of people | • Free pass to interrupt |
| • Play Doh | • Glitter Wand | you can call | mom/dad's work to talk |

DISTRACT YOURSELF: DISPLACEMENT & REINFORCEMENT

- Squeeze ice cubes
- Draw on yourself today
- Snap an elastic band on your wrist
- Putting on stickers or bandages on where you want to self-harm

GROUNDING STRATEGIES

- 5 things I see, 4 things I hear, 3 things I smell, 2 things I can touch, and 1 thing I can taste.
- 5 colors I see, 4 shapes I see, 3 soft things I see, 2 people I see, and 1 book I see.
- Something I see that starts with every letter of my name.
- Get connected with the here and now. Say and finish these statements: My name is....., I am in....., Today is....., The season is....., The weather is....., I am wearing....., and I can see.....

HERE ARE SOME COPING STRATEGIES TO DEAL WITH SELF-HARM:

- Instead of hurting myself to release my pain, I can draw or write about my hurt.
- Instead of hurting myself to punish myself, I can hit or cut up a doll.
- Instead of hurting myself to feel something, I can watch a sad movie or listen to music.
- Instead of hurting myself to get help for my pain, I can call a crisis hotline and talk about my problems.
- Instead of hurting myself to get attention, I can list all my accomplishments that gave me positive attention from others.
- Instead of hurting myself, I can _____

IN CRISIS? HERE ARE SOME HELPFUL HOTLINES

- Suicide Prevention Lifeline: Call 1-800-273-8255
- Crisis Text Line: Text HOME to 741741 or Call 1-800-273-8255
- National Alliance on Mental Illness Helpline: 1-800-950-NAMI or Text NAMI to 741741