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?

Syntero
Care • Counsel • Support

Here are some suggested items for your comfort kit:

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