

BETTER WAYS TO COPE: MOVING BEYOND SELF-HARM

If you want to
PUNISH YOURSELF

Try...

- * Do something nice for someone *
- * List 3 good things about yourself *
- * Try to acknowledge your emotions *
- * Write in a diary about your feelings *
- * Draw on yourself with red pen or paint *
- * Punish by not allowing self to self-harm *
- * Remember that feeling won't last forever *
- * Expressing yourself creativity through art *



Feeling
EMPTY / LOST

Try...

- * Bite a lemon *
- * Focus on one thing *
- * Interact with people *
- * Put a finger in frozen food *
- * Take a cold bath or shower *
- * Concentrate on the breath *

Feeling
ANGRY / IRATE

Try...

- * Cry it out *
- * Squeeze some ice *
- * Punch a bunch of pillows *
- * Play loud music and dance *
- * Go for a run/walk in nature *
- * Rip up/tear/slash some paper *

Mental Anguish 1 Just My Random Thoughts And Poems

Y Pai



Mental Anguish 1 Just My Random Thoughts And Poems:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Mental Anguish 1 Just My Random Thoughts And Poems**

In some sort of inundated with displays and the cacophony of quick transmission, the profound power and emotional resonance of verbal art usually diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, nestled within the lyrical pages of **Mental Anguish 1 Just My Random Thoughts And Poems**, a fascinating function of fictional splendor that impulses with natural feelings, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus guides readers on a psychological odyssey, softly revealing the latent possible and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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