



From self-harm to self-nurture

Cutting, overdosing or burning may have given you a sense of control, calmed you down, helped you communicate and much more. Stopping the behaviour of self-harm doesn't necessarily mean that the needs and feelings underneath disappear. Learning to look after yourself in other ways is really important if you do want to let go of self-harm for good.

Self-nurture means ways of looking after yourself that feel good and comforting. Learning to take time out regularly in this way reminds you that you *are* worth taking care of and that you *do* deserve to feel good.

Learning to give yourself positive attention may take a while so give yourself time and start with little steps. Get a [journal](#) and write your ideas in there.

Start with something simple – once a week make a promise to do something you enjoy – watch your favourite film, have a bubble bath, buy your favourite food, have an Indian head massage, write one positive comment to yourself.

The times you feel the worst are the most important times to do something kind for yourself.

How you feel is affected by what you think and how you look after your body, so.....

- ♥ Read inspiring stories / quotes of people who've overcome big challenges.
- ♥ Listen to music that relaxes or uplifts you.
- ♥ Do a physical activity that you enjoy whenever you feel that you need to let off steam.
- ♥ Spend time in nature and see if you can learn from how trees / animals / flowers approach life – what wisdom would they share with you if they could talk?
- ♥ Spend time in water, by fire, in strong wind – feel the power of the elements and let them cleanse you.
- ♥ Learn to meditate – just be in this moment and let go of worrying about the past or future.
- ♥ Make a decision to develop a kind inner voice and

There is no right or wrong way to self-nurture and different things will feel right to you at different times depending on how you feel and what you need. Check out [here](#) for loads of ideas of different ways of expressing different feelings