



Clark County TeenTalk

Nonjudgmental support for teens, by teens

Monday to Thursday: 4-9 pm Friday: 4-7 pm

Call 360.397.CHAT [2428] or text 360.984.0936

ccteentalk1@hotmail.com

www.ccteentalk.clark.wa.gov

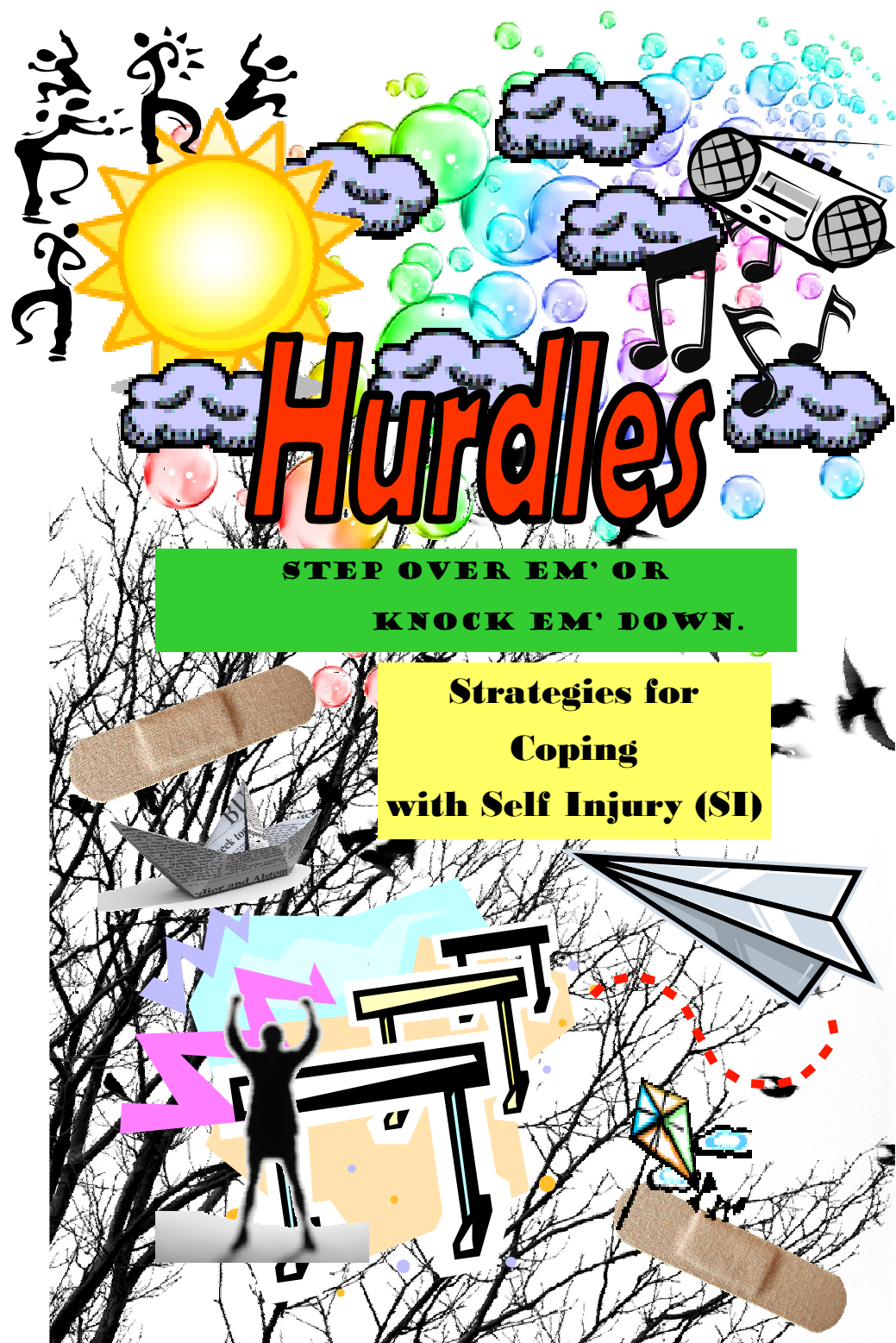


@PeppyPenerson

References

1. www.scar-tissue.net/stopping.html
2. <http://sioutreach.org/>
3. <http://www.studentsagainstd Depression.org/>
4. <http://www.mayoclinic.com/>
5. <http://www.mindbodygreen.com/>

(Superscript numbers in parentheses provide references)



**STEP OVER EM' OR
KNOCK EM' DOWN.**

**Strategies for
Coping
with Self Injury (SI)**

What is this booklet about?

TeenTalk volunteers have created a few strategies that you might find helpful during the hard times. Each volunteer at TeenTalk has their own unique story and their own personal experiences and struggles, which is what makes TeenTalk such a great resource. We are teens between the ages of 14 to 19 and we know what it's like to face some of the same struggles. Some may have struggled with something similar to you. You are not alone and we at TeenTalk are here for you. What you will find in this book are coping strategies our TeenTalk volunteers found or have used to work through tough moments. Please note that we are teens/peers and not professionals we have gathered ideas we think are helpful and not every suggestion will fit you and that is ok. Use and do what is right for you!

Trigger Warning: This booklet is intended for support and to provide suggestions around coping with difficult situations. It includes references to self-injury. If this puts you at risk of experiencing trauma, flashbacks, or any other reaction you may have to emotionally stressful subjects, consider a safety plan. Do not read this booklet if the subject matter puts you at risk of being triggered, or make sure to read it when you feel you are in a good place mentally and emotionally. If you do read it and find yourself having a difficult time with emotions, memories, etc. triggered by the booklet, look toward a good friend, family member, a counselor, or Crisis Line (1-800-626-8137) to discuss it with or try finding a good outlet like a sport, book, art, or other favorite pastime. Remember to take care of yourself as well as others!



Don't Throw your Hard Work



Many who self injured have been through a cycle of recovery and relapse...guess whatthat is normal. Sometimes people that Self-Injury (SI) will count the days they have been SI free. Being SI free for one day is an accomplishment!!! And TeenTalk is SO VERY PROUD!!!

When we count SI free days and then relapse many tend to think, "Now I have to start at zero again, I wasted all 12 of those days...they are gone." This is not true! Start counting in a more positive way that shows all days of recovery and hard work. When you get graded on a test at school and you miss 1 out of 12 you do not get a failing grade and have to start over. Instead you get 11/12, which is a 91% and an A-! So let's say you are working on stopping and you relapsed on day 32 of being SI free. That's not 31 days wasted, instead it's 31/32 which is a 96.8% you still have an A. Then, after that day you went 23 days SI Free and slipped up on the 24th day. That's $32+24=56$ (total days in recovery) $1+1=2$ (days of relapse). Now to figure out your percentage you will need to subtract the days of relapse by the days in recovery ($56-2=54$). Then, make a ratio to get your percentage, $54/56=96.4\%$ still an A! Congratulations you are still working hard and doing great! ⁽¹⁾

83.2%



96.4% 96.8%



Log of SUCCESS

The Log of SUCCESS (yes, always all caps) is a journal in which you record those times in which urges did not lead to SI. Whether it was your own important decision, or by happenstance, you couldn't, it is still a SUCCESS. When filling this log, pick a format, stick with it. Want an example? Take one:

Urge: Self-Injure (Be as descriptive as you feel necessary)

What started it: Fight with So-and-So, bad mood, bored, worry?
(Whatever you feel brought it on)

- This is important, because if they start a certain way, find a way to change those instances, be it apologizing, finding company, finding a new hobby, or switch it around.

What stopped you: Was it that there were too many people?
Nothing available?

Or was it something inside of you?

Did you do something instead? Such as a method or breathing or talking to someone?

A combination of things? Reading and breathing? Yoga with a friend?

The important thing is to notice the times when you reject those negative urges, and make yourself a stronger person.⁽²⁾

Celebrate your SUCCESS.



Message from a TeenTalker (trigger warning, see orange box on first page)

Being a former cutter myself, I know a little about how you feel. I'd first like to start off by tell you that it's okay to feel how you feel. Many teenagers feel upset, depressed, angry, or scared, for no obviously apparent reason. These feelings are normal, and with some simple guidance and support, I think you may be able to get the urges under control.

You need to know that self-injury (SI) is usually a symptom of an underlying problem. If you seem upset I'd like you to look at your current situation, and try to find what might be causing you to want to hurt yourself. Whatever the problem might be, once you identify it, the best way for you to deal with it is to seek help. Talk to a teacher, friend, school counselor or other trusted adult. If possible, seek professional help from a counselor. Many states offer counseling services for free or little cost to teens. If you're in Washington state and 13 years of age or older, you can receive counseling services without parents' consent (<http://www.washingtonlawhelp.org/resource/providing-health-care-to-minors-under-washing>).

I'd say that for now, until you can really get to the bottom of the problem, if you can't stop SI, try to get a better grasp on it, and control it more. Try setting limits on how often or how much you cut, or try some alternatives to cutting, like snapping a rubber band on your wrist, squeezing an ice cube in the palm of your hand, taking a really hot or really cold shower (just make sure not to burn yourself), or something else that gives you that same shock or pain of cutting, without hurting yourself as badly. And remember, if you're going to cut, be smart: use clean and sharp objects (nothing dull or serrated), DO NOT share cutting tools, and make sure you keep your cuts clean, and that you know some basic first aid for yourself.

As a recap: it's okay to feel sad, but you should try to find out what's making you sad, and try to seek help for it. Cry as much as you want, and if you have to injure, be safe and take good care of yourself.

Thanks for reading this letter, and feel free to write back if you'd like to. Our hours are Mon-Thur, 4-9 PM, and Fri, 4-7 PM. You can write us a letter back either through email: ccteentalk1@hotmail.com or post it on on ZINE bulletin board found on our website: www.ccteentalk.clark.wa.gov/.

If you just want to talk catch us on IM our screen name is ccteentalk1 on MSN, AIM, and Yahoo messenger, or call us, at 360-397-TALK.

Sincerely Yours,

~ A TeenTalker

You Deserve a 15 Minute Break

Feeling an urge to self-harm? Take a short break.

Give yourself 15 minutes. Try some distractions from the urge.

Read (Always have an interesting book on hand, not just for time outs)

Listen to some songs (Positive songs, avoid those that make you overly emotional or remind you of low times) Think "Doom Song" by Gir, No, seriously, listen to it. Or "What Does the Fox Say" by Ylvis

Draw (Flowers, yourself, stick figures? Appreciate your creativity)

Exercise, go for a walk, do 3x more sit-ups than you have ever done before.

Look at trees, flowers, or cat videos online. (I suggest surprised kitty)

Call or talk to someone (A friend, a parent, a grandparent?) They don't have to know you're taking a time out, they will feel appreciated, and you will too.

Write! Keep a journal of Good Moments you experience, from seeing a family member you love, to a funny meme you find. Things that make you FEEL GOOD.

Read that journal! It's there to remind you of what you've done, and that it gets better.

-NOW-

How do you feel?

Level of urge (0-10)?

Take note of what works, and write down those successes!

Keep on living.⁽²⁾

The **SIX** Senses

Self-Soothing Strategies

Taste: Try new foods, or just enjoy your good 'ol favorites. Cook healthy tasty food instead of bland processed food. Try small amounts of dark chocolate or ripe fruit or sweet tastes. Savor your food and eat mindfully.

Smell: Try having clean clothes and bed linens on. Try aromatherapy or incense in your room or fresh flowers around the house. Change to a new deodorant, perfume, or aftershave. Head out to nature for some fresh life scents.

Sight/Surroundings: Tidy or rearrange your room, add plants or soothing colors or pictures of nature or friends. Watch funny or light-hearted television shows or movies. Look up pictures of baby animals, or simply look out a window with a view.

Hearing: Listen to a playlist of uplifting or energetic songs. Sit near the ocean or a moving lake, or recordings of natural sounds. Try meditation or relaxation tapes or just try earplugs for a calming silence.

Touch: Pampering wash/dressing routine, play with or pet an animal or pet. Give yourself or others hugs, get or give a massage. Try snuggling up in a warm blanket.

Sixth Sense: Now, when you hear sixth sense, everyone thinks paranormal stuff. But no. This is more about SPIRITUALITY. Now, spirituality

<p>Support System:</p> <p>Friend: _____ #: _____</p> <p>At Home: _____ #: _____</p> <p>Doctor: _____ #: _____</p> <p>Counselor: _____ #: _____</p> <p>Someone who would write a letter of recommendation for me: _____</p> <p>Someone who would forgive me if I made a mistake: _____</p>	<p>Write down 5 reasons why you matter!</p>
<p>An inspiring quote, lyrics, or a compliment someone gave me...</p>	<p>Some Places to call for support...</p> <p>Teen Talk 360-397-2428 IM ccteentalk1 on Aim, Yahoo, MSN Email: ccteentalk1@hotmail.com Follow us on Twitter: TeenTalkTalk</p> <p>Clark County Crisis Line 360-696-9560</p> <p>National Suicide Prevention Lifeline 1-800-273-TALK (8255)</p> <p>Hotline for Teens Who Cut 1-800-DONT-CUT</p>

Make Your Room a Place You Want to Be

When first entering your room, does it seem welcoming & comfortable? Your room should offer the pleasant environment where you rest & re-charge, as well as contributing to your learning and concentration. The simple solution of adding elements to your home environment can create a more positive atmosphere for you to be in.⁽³⁾

Try this!

Write down some simple additions or changes you can make to your room and set a date to achieve it! Things you can do include putting up posters of your favorite place in nature or soothing art, make a collage piece, having photos of family or friends who are your strong support group or keeping your room organized so that the cluttered environment doesn't stress you out.⁽³⁾



Write down five things you can do to improve your space:⁽³⁾

1. _____
2. _____
3. _____
4. _____
5. _____

Creative Writing Ideas to Clear your Mind

If you are having a rough day and need to clear your mind, here are some topics you could write about. As a poet in my spare time, I find the act of writing to be very helpful when things are stressful. Here are some interesting topics that I thought would make for fun writing prompts.

Remember when:

- A time someone did something kind for you
- A time you did something kind for someone else
- Something good someone told you about yourself that you didn't notice
- Your favorite memory with a childhood friend
- A weird dream you had turned into a short story
- The funniest moment you remember
- The most embarrassing moment you remember (something that is funny to you now)
- A moment that seemed bad but had a positive end result

Get to know yourself:

- Describe your idol and why you look up to them
(Bonus points for writing about traits you have in common)
- Your favorite kind of weather and what about it you like
- Write a memoir
- Your favorite quote and what you think it says about you
- Your favorite lyrics and what you think it says about you
- Write about a movement that you are passionate about
- Write about meeting your favorite Disney character

Create your own:

- Make a list of puns
- Make a list of things you love about life
- Make a bucket list
- Start a short story/journal entry with "The rain reminded me of..."
- Start a short story/journal entry with "I never thought much about pan-cakes..."

If you are comfortable with sharing your work, send what you write in to us. We would love to read what you have created and would enjoy hearing from you!

Random distractions...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Inspiring Websites...

TED: Ideas worth spreading
www.ted.com/talks

DoSomething.org is the country's largest not-for-profit for young people and social change.

Studentsagainstdepression.org
Offers info, blogs & resources to help find a way forward from low mood or depression.

Superbetter.com
A tool created by game designers and backed by science to help build personal resilience.

Things I am proud of...

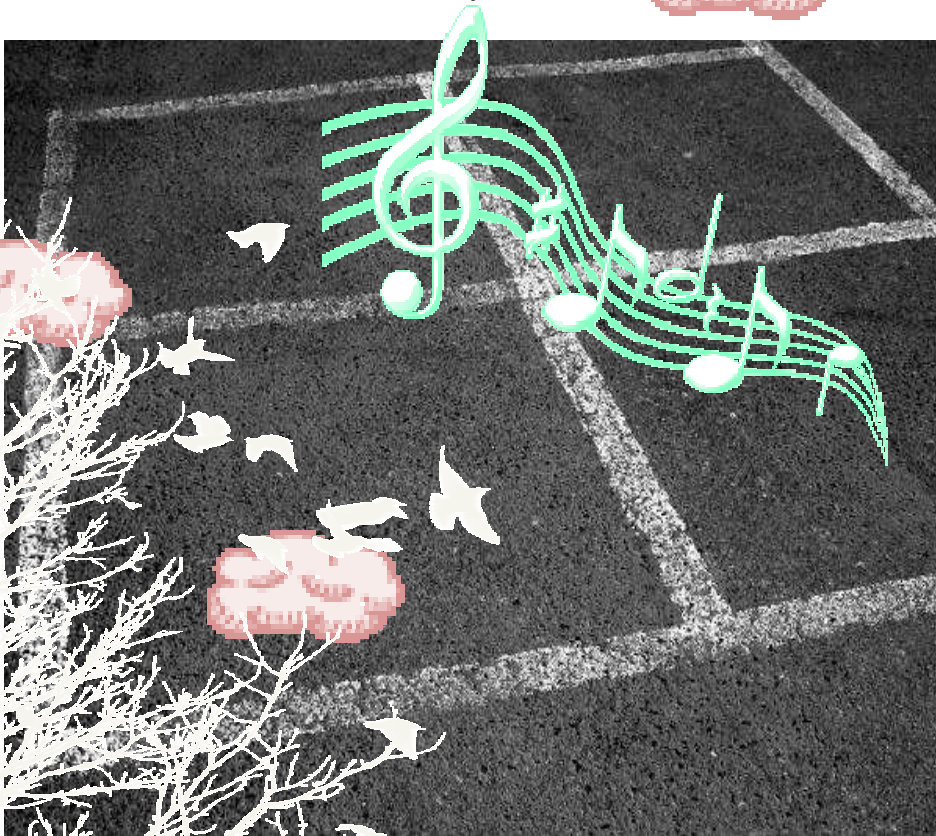
Local Youth Friendly Resources:

Children's Center 360-699-2244	Multicultural Mental Health 360-993-3000
Children's Home Society 360-695-1325	Clark County Crisis Line 360-695-9560
Columbia River Mental Health 360-993-3000	Stepping Stones Grief Counseling 360-696-5120
Catholic Community Services-Counseling Program 360-567-2211	Free Clinic of SW Washington 360-313-1390
YWCA Sexual Assault Crisis Line 360-696-0501	Sea-Mar Clinic 360-852-9070

For additional local resources please call 211 the Clark County Information and referral.

My Four Squared²

One way to remind yourself of why you are working hard or to support you during the hard times is to carry a My Four Square² card with you. A My Four Square² card is a piece of paper that has all the important stuff. Cut out the next page and fold the piece of paper to make four sections. Each section will have information useful to you during the hard times (support system, inspiration, resources and distractions). Fill out this card and leave it in a wallet or easy access place.



Relax

WITH BREATHING AND YOGA

When urges get intense, it's important to relax, and calm your body, not just your mind.

Yoga poses and breathing techniques are a simple way to calm your mind and body. Below we have some basic YOGA poses. You can Google the pose or YOUTUBE a yoga video if the descriptions below are confusing :)

Poses

Let's start with seated poses, and make sure you have some room to move.

Butterfly Pose: your classic pose. Take a seat, and put your legs in front of you. Bend them at the knees and lay them so your knees are pointed towards your left and right. Place your feet together at the flat bottom. Hold either your toes or ankles and lean forward on to your 'seat bones'. CONGRATS! Your first pose.

Seated Two Leg Forward Bend: Sit, lay your legs in front of you. Keep your chest long and feet straight up. Slowly start to lean forward until you start to feel a strain. Pause until it goes away, and keep going, slowly. See how far you can go.

Seated One Leg Forward Bend: Begin the Seated Two footed bend. Place your foot against the knee of the other leg, lying flat. Then start your stretching. Switch legs for equal stretch. ⁽⁵⁾



Relax

WITH BREATHING AND YOGA (continued)

Restorative Poses

Child's Pose: First, start on your shins, feet behind you in a comfortable position. Sit on the backs of your calves, and put your hands on the ground and slowly lay your chest over your lap, face to the ground, and lay your arms out over your head and slowly breathe through your mouth and relax.

Happy Baby: Lie on your back and bring your knees to your chest bring the bottoms of your feet to face upwards and hold the outside of your feet with your hands. Use the weight of your arms to release your knees towards the ground. Be careful with the burn, and don't push yourself too far.

Shavasana: Lie on your back. Lay your arms and legs out from your body. Face the palms of your hand up. Follow your breathing and don't try to control it.

Breathing

Sama Vritti: Close your eyes, and begin a slow count to four, as you breathe in through your nose, and four out, again through the nose. The number can change, but the goal is to have both inhale and exhale be equal. Continue for several minutes. ⁽⁵⁾

16 STEPS TO SELF-CARE

- 
1. STAY TRUE TO YOURSELF
 2. EXPLORE NEW OPPORTUNITIES
 3. DON'T DOUBT YOURSELF
 4. MAKE A LIST OF THINGS THAT MAKE YOU UNIQUE
 5. DANCE LIKE YOU WANT TO (NO ONE IS LOOKING)
 6. BE YOUR OWN BEST FRIEND
 7. AVOID NEGATIVE SELF TALK
 8. IF IT FEELS WRONG OR NOT YOURSELF...DON'T DO IT
 9. CHALLENGE YOUR COMFORT ZONE
 10. REMIND YOURSELF THAT IT IS OK TO FAIL
 11. YOU HAVE THE RIGHT TO SAY "NO"
 12. YOU HAVE THE RIGHT TO SAY "YES"
 13. DO THINGS THAT MAKE YOU HAPPY DON'T DO THINGS JUST TO PLEASE OTHERS
 14. BE KIND TO YOURSELF
 15. STAY AWAY FROM DRAMA OR NEGATIVITY...YOU DON'T NEED THAT
 16. GIVE YOURSELF A HUG...NO REALLY WRAP YOUR ARMS AROUND YOURSELF!

Visiting a Mental Health

Professional or Doctor (continued)

Additionally, your doctor will also ask you questions to help create the best treatment plan for you. It is important you do your best in answering the questions they ask you as honest as you can be to get the most personalized care and also be prepared for the questions so you are not caught off guard.

Some questions the doctors may ask you are:

- ☐ When did you first begin harming yourself?
- ☐ How frequently do you injure yourself?
- ☐ What methods do you use to harm yourself?
- ☐ What feelings and thoughts do you have before and after harming yourself?
- ☐ What triggers you to harm yourself?

Always remember you have control at your appointments- never be afraid to ask questions about why they are choosing the treatments they are. Bring a guardian with you if you feel that you may be afraid to ask questions. Also, trust your instinct if you disagree with a treatment plan or feel that you are not respected let your doctor know or try a different medical professional. Sometimes it takes a few tries to find the right mental health professional for you. Every patient is different and so is every mental health professional! Thank goodness for diversity :) ⁽⁴⁾

Random Distractions...

You could punch a cushion or mattress.

You could play with play-doh.

Or you could chew on something with a strong taste like peppermint, or grapefruit peel.

You could rip something up, like a newspaper, or a magazine.

You could make noise, scream, or bang pots together.

Write down 5 reasons why you matter!

Take a pet for a walk, if you don't have one borrow one :)

Dear Friend,

Let's talk about being kind to yourself...

Right now things might be hard and I know life can get busy, but don't forget about you in the craziness of day-to-day life. When things get really hectic it is easy to put off a meal or a few hours of sleep. Being kind to yourself somehow becomes less important because the to-do lists are getting longer. Or, perhaps you just can't stand to take the time or spend the energy to do much of anything. If you take 15 minutes to eat, or shower, or even just stop moving and breathe things become a little less stressful. You are giving yourself just a few moments to stop and focus on you and your health. Nothing can be accomplished without a healthy and content you.

If you think about it in real life application it makes more sense. For example, when you get on an airplane they run through a safety demonstration. During this demonstration they tell you that should there be complications with the plane you are supposed to take oxygen first and then give it to any children you may be traveling with. This throws off a lot of people. At first a lot of people find it selfish and wrong. It is engraved in our culture to be self-sacrificing and it's so thick that we honestly believe self-care is wrong. However, when you think about it, if you are flying with a child and there is an emergency in which the oxygen bags drop you need to be there to take care of the child; to make sure they are getting oxygen. If you don't make sure you have oxygen, you don't survive to provide for the child either. The end result is neither one of you survives. However, if you do as instructed, you both survive. Self-care is similar. IF you don't take care of yourself, you can't take care of anyone or anything else. There will be too many complications. There is nothing wrong with keeping busy or doing a lot. Helping people and accomplishing things are wonderful values to hold. However, if you are sacrificing your health/happiness that is when a problem arises. Max Ehrmann once said "Be gentle with yourself. You are a child of the universe, no less than the trees and the stars. In the noisy confusion of life, keep peace in your soul." Sometimes the best thing to do when you get so busy or you start feeling drained is take a break. Know that you aren't alone and you are stronger than you believe. And there is always TeenTalk,

Your friends at TeenTalk



Visiting a Mental Health Professional or Doctor

You may find yourself debating about whether or not you should seek support from a professional to help you cope with Self Injury (SI). It can be intimidating. Doctors can do things we can barely fathom. Anything from taking out your heart and putting it back in your body to increasing your mental stability. If you are looking at doctors as if they are the cold, heartless people that stick you with shots and make you cough, instead try to think of them as people that probably have friends and family members who struggle with SI, depression, and anxiety. Who knows...your doctor may struggle with depression. I mean, "An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year." (www.nimh.nih.gov).

It helps to remember that you can be in control of your treatment when you meet your doctors. To help lead the discussion with your doctor bring a piece of paper with your questions and concern.

Some questions that you may want to think about are:

- ☐ Why can't I get any better on my own?
- ☐ How do you treat self-injury?
- ☐ Are there medications that may help?
- ☐ How often will we meet?
- ☐ What should I do if I have an urge to self-injure between my therapy sessions?
- ☐ How long will treatment take?
- ☐ What can I do to help myself?

How to Reach Out to a Trusted Friend

Out of all the people I feel comfortable talking with, I'd say my friends and peers are the best to relate with. Friends can provide some of the best support! However it is always good to know and be realistic in about what your friends can and can't do. Sometimes too much support from just one source can be unhealthy.

It's good to keep in mind some of these tips on unhealthy responsibilities for friends:

- ~Make sure your friends are not your only source of support
- ~Make sure your friends are not taking responsibility for keeping you alive or safe, or just making yourself happy
- ~Don't assign a friend as a unofficial therapist
- ~Friends shouldn't be "on call" at all hours

There are a lot of things friends can do:

- ~Knowing a little about what you're going through
- ~Help with distractions and other activities
- ~Be there to listen when you need an ear
- ~Know how to tell you what their limits are and when they need a break
- ~Support you when finding professionals

Places to get help when friends are unavailable:

- ~Trusted adult you know
- ~A teacher you are close to or school counselor
- ~School support group
- ~Local support groups at through mental health agencies or local churches
- ~Counseling or therapy
- ~Warm lines or teen lines... there are lots and TeenTalk is just one option ⁽³⁾

Make "I Owe You" Coupons.... for Yourself!

Sometimes we get so busy with our lives, school, family, helping others, and our passions that we forget about the importance of taking good care of ourselves, giving ourselves a pat on the back or even scheduling time on our calendars to do absolutely nothing.

You may or may not have created this perfect homemade gift for someone... The idea of an "I OWE YOU" coupon is to make up coupons of free activities to give someone; but this time it will be a homemade gift for yourself!!! On the back of this page there are blank coupons for you to fill in and cut out for yourself with things you like to do or things you normally never give yourself enough time to do.

Awesome Gift Coupon

(For an awesome person "you")

Redeem this coupon for:

Expires April 1st, 3000-not valid with any other offer

Awesome Gift Coupon

(For an awesome person "you")

Redeem this coupon for:

Expires April 1st, 3000-not valid with any other offer

Awesome Gift Coupon

(For an awesome person "you")

Redeem this coupon for:

Expires April 1st, 3000-not valid with any other offer

Awesome Gift Coupon

(For an awesome person "you")

Redeem this coupon for:

Expires April 1st, 3000-not valid with any other offer

How to Reach out to Someone

Talking to someone is sometimes a difficult step to take when you feel an intense urge to self-injure (SI). Fortunately, there are a couple different ways you can go about reaching out to someone, which can be a huge help in distracting yourself from that urge.

♥One way is to simply explain to a trusted friend, mentor, or family member that you are feeling the urge to self-injure (SI). Sometimes a simple distraction in the moment can be just what you need to get you through a tough time. Even if you haven't told that person about your self-injury, you can still talk to him or her about those emotions that are driving you to want to self-injure. You do not have to share that you SI instead just talk about your feeling or emotions!

♥If you don't feel comfortable with talking about those emotions or feelings, you can still reach out to that someone for some chit-chat, weekend plans, a funny story, and hobbies. It might even be helpful to make a list of people that you know you enjoy talking to so you know that there are people around who enjoy your company! If you can't get ahold of the first person then you can call TeenTalk we will tell you a joke and keep you distracted.⁽²⁾

Neighbor Teacher Coach
Local Crisis Line
Friend Sibling
Someone at home School Counselor
Relatives