

## Section 6: Distractions than can help

### Do something physical

Exercise for the release of endorphins and the feel-good factor.  
Punch a pillow.  
Go for a walk.

### Concentrate on something else

Squeezing ice cubes.  
Count anything, wallpaper patterns, bricks in a wall, ceiling tiles...

### Do something fun

Playing computer games/games on your phone.  
Listen to music.  
Watch a comedy or funny clip.  
Bake or cook something.

### Do something creative

Doodling or scribbling on paper.  
Painting your nails.  
Write negative feelings on paper then rip them up.

### Do something constructive

Write a list of positive things in your life.  
Forward plan - concentrate on something in the future, like a holiday.

### Do something with others

Hang out with friends and family.  
Invite a friend round.  
Speak to a friend, family member or someone you trust.  
Phone a helpline:  
Samaritans 116 123  
Childline 0800 111

### Set yourself a target

Set yourself a two-minute rule where you try not to harm yourself in this time. After two minutes, try for three minutes then, four, five and so on. See how many minutes you can go.

### Do something that gives you comfort

Have a relaxing bath  
Cuddling a soft toy/pillow  
Sleeping  
Playing with a pet



## Section 6: Creating a safe space

1.

Imagine you are creating a perfect space for yourself, where you could go to feel peaceful, calm and positive.

2.

What are you imagining? Is this something you could create, even if it's just a few of the things you imagined?

3.

When you are upset, it may not be possible to go to an actual place, but you can create a place in your mind that is safer, calmer and more in control. Think about using all your senses to create this - visual images, sound, smell, taste and touch.

*The more senses you use, the better it will feel*

### *Creating a SafeKit.*

An actual box or bag that contains things that can help. For example, a list of people to call, distraction techniques, soothing music, your favourite scent, photographs...

### *Guided Imagery*

You are outside in a beautiful forest. Look around you, and visualise your surroundings. The sky is a beautiful cloudless blue - or maybe it has the soft multi-coloured hues of sunrise or sunset. Notice the colours of the trees or the grass. Maybe there's a creek running through your forest, and you can hear the gentle splashing of water as it tumbles over well-worn rocks. Birds are chirping in the distance, telling you that your forest is safe. You continue to breathe deeply. Perhaps the sharp scent of pine stimulates your senses, or maybe you get the sweeter tones of meadow grass and wildflowers. Breathe in the gentle aromas that surround you in your safe space. You begin to wander, noticing the features of your landscape. Build every detail in your mind. Corpses of trees, groups of boulders, maybe even a cottage in the distance or a simple hammock where you can rest. Grow your safe space until it encompasses you and all of your fears and anxieties. Walk around your safe space until you have explored as much of it as you want to.

Continue walking until you find your perfect place - the place that makes you feel most at peace. Visualise yourself sitting here, in this place, and begin to breathe.

Inhale for 1...2...3, exhale for 1...2...3. Surround yourself with feelings of peace and safety.

Inhale for 1...2...3...4...5...6, exhale for 1...2...3...4...5...6. Know that you can come back to this place whenever you're feeling overwhelmed and anxious.

When you're ready to leave your safe space, slowly open your eyes and come back into the room. Hold onto your feelings of peace and safety, and know that you can revisit the, whenever you need to.

