



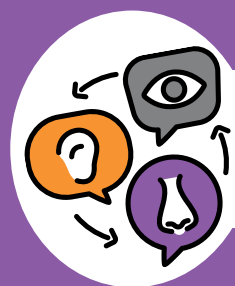
scottish sports *futures*

WELLBEING TOOLS



WELLBEING BOX

"A box where the persons items help keep them well or improves their mood when they are down, angry or distressed etc."



Try to include something for each of the 5 senses

Can include lists of helpful activities



Decorating the box can be a fun activity in itself!



Mood Diary or Impulse Log

"list the date, time, what was happening during the day or just before the self-harm urge or change in mood"



Can help to see
patterns/triggers in self
harm urges & mood

Useful for making plans
to manage triggers &
more



Mindfulness & Self-Compassion

"Developing a sense of compassion for oneself, forgiveness, acceptance & understanding"



*Visualisation can be helpful
e.g. emotions as clouds
passing across a sky*

*Meditation: bringing awareness
to the present moment,
understanding emotions pass
and aren't permanent*



Safe Plan

"Includes people to contact, safe places to go, a list of things they can do to make themselves feel better, etc."



Various versions available online

Can include crisis centre, emergency services, GP, etc.



Mind Mapping

"Branch off with ideas for alternatives or distractions that would meet a need"



Working out why something self harms, or how it helps them, and put these in the centre of the mind map

Add more overtime, cross off ones that don't work, or add notes about what was helpful or unhelpful about each alternative



Worry Jar or Worry Time

"Writing worrying thoughts down can help to reduce their impact and reduce anxiety around thinking something important will be forgotten"



It is a good idea to empty the worry jar/diary regularly to prevent it becoming an intimidating list of worries.

Setting aside some time each day to think about what is worrying can help gently push away worrying thoughts during the day, reducing the total amount of time spent worrying.



Set Challenges

"Setting challenges in relation to self-harm sets clear goals and can provide a sense of achievement"



If the challenges are hard to meet, you can adjust the challenge to make it more achievable and/or work out what made it difficult to meet.

Remember that not completing a challenge is not a failure as the fact you are trying is what is important.



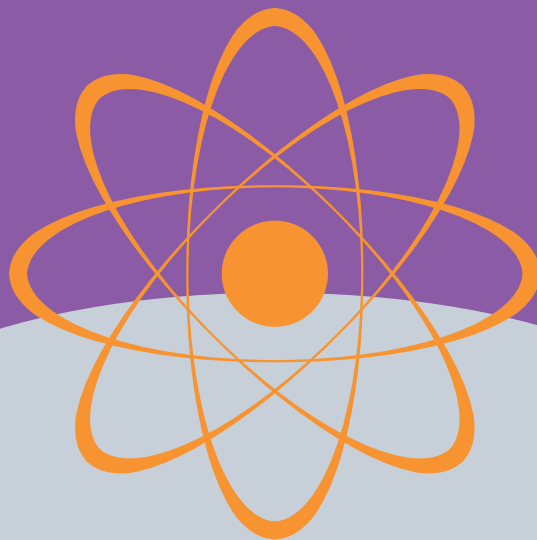
Change Physical Space

"This can give the person a change of scenery and signify a new start"



This can be helpful if someone always self-harms in the same place in a room, as changing the environment can reduce the association between the room and self-harm

Moving from one room to another, or leaving the house, can give that person a change of scenery and disrupt negative thought patterns or feelings



Connect With Nature and/or Animals

"Feeling connected with nature and animals can improve wellbeing and mental health"



Focusing on the beauty & wonder of nature can provide a pleasant distraction from self-harm urges

If they are not able to get outside, viewing nature documentaries, or images/videos of nature and animals can also help



Important Numbers

Organisation	Phone Number	Operating Hours	Website
NHS Mental Health Hub (Chat/support helpline)	111	24/7	
Hullo chat (Chat/support helpline)	0800-001-4455	Everyday: 9am-9pm	www.hullo.org
Breathing space (Chat/support helpline)	0800-838-587	Mon-Thurs: 6pm to 2am Fri-Sun: 6pm to 6am	breathingspace.scot
Samaritans (Chat/support helpline)	116 123	24/7	
Time and Space (Glasgow based - DSH & hearing voices self referral - has groups specific for women)	07568358912 info@timeandspace.org.uk	Mon to Friday 10am-4pm	http://timeandspace.moonfruit.com/about-self-harm/4587192804 Based in Glasgow
Beat eating disorders (Chat/support helpline)	Helpline 0808-801-0677 Student 0808-801-0811 Youth 0808-801-0711	Mon to Fri 9:00am to 8pm Weekends 4pm to 8pm	https://www.beateatingdisorders.org.uk/
Saneline (offers emotional support)	08457678000		
Trauma Counselling Line (Chat/support helpline)	0808-802-0406		
We Are With You (Free support to people who have issues with drugs, alcohol or mental health)	0800-028-6664		

Cruse Bereavement Care Scotland	0808-802-6161 support@crusescotland.org.uk	Monday to Thursday: 9am to 8pm Friday: 9am to 4pm	www.crusescotland.org.uk
Migrant help	0808-8010-503		
Breathing space (Chat/support helpline)	0800-838-587	Mon-Thurs: 6pm to 2am Fri-Sun: 6pm to 6am	breathingspace.scot
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