

The Little Book of



If you're finding it hard to cope with everyday life, or you're feeling unhappy, here are some ideas that have helped us.

We hope they will help you too.

Please feel free to add your own ideas on each page



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Your Page!



WHEN I'M FEELING NEGATIVE AND HATE MYSELF...

'I know I need to stop running myself down all the time, criticising myself and saying horrible things to myself.'

I try to be aware, every time I say something bad to myself, because I know it just snowballs then, into a load of other bad stuff.

So I try to immediately say something nice and positive to myself – even though it's hard!'

'If I feel I've messed up on something, I try to remind myself, 'OK, I maybe messed up that time, but I can try and do better, or do differently, next time'.

I try to stop getting into that spiral of saying 'I'm stupid, I'm a loser, I'm a total failure', every time.'

'I try to say 'Well done!' to myself, out loud, when I've achieved something, however small it is.

Gradually you do start to notice when you're coping with things, and give yourself some credit for it.

I try to start and end each day by saying or writing something nice and positive to myself, even if I can't always manage to feel it!'



'Everyone makes mistakes, all the time. I've learnt, just try to learn from your mistakes and don't crucify yourself about making them.'

'I'm trying to learn to accept compliments from people - and to say thank you.'

'When someone makes a nice remark, or something works out, or when I'm having a good day, I write it down in a book.'

'Then on days when I'm feeling really down and I believe nothing ever works out right for me, I read it to remind myself that sometimes things actually do go well, which it's easy to forget.'

'I try to share a little bit of how I'm feeling with others, without oversharing, which has been a problem for me in the past.'

'I try to remember that inside me is a little child who still deserves to be loved and looked after.'

'I try to be kind to that little child, even when I'm finding it hard to be kind to my adult self.'



WHEN I'M FEELING ANGRY...

'I write in my Angry Book. Its not like a normal diary - it's a place to pour out *just* my negative thoughts and hate. Doing that relieves the pressure inside my head and helps me to stop taking it out on other people.'

'I' ve named some cushions after particular people, so I can tell them what I *rea//y* think of them and give them a good bashing!'

'I go and hurl stones into the sea, as hard and as far as I can.'

'I buy cheap plates from charity shops, then when I'm feeling angry, I 'frisbee' them at the garden wall.'

I go into the middle of nowhere and shout out loud.'

'I go on Play Station – and practise being a winner!'

'I try to think about whether it's poisonous anger, or healthy anger?'

'I write letters to the people who hurt me. When I feel ready, I throw the letters away, or burn them, then I feel like I'm letting go of the past.'





MY THOUGHTS:



WHEN I'M FEELING ANXIOUS OR STRESSED OUT...

'I hold a stress ball in each hand and squeeze them really hard!'

'I soak a tea towel in water, then wring it out really tight.'

'I splash my face with cold water, to distract me from how I'm feeling.'

'I have a hot bath. That relaxes me.'

'I've made a 'comfort box'. It's got photos and pictures of people and places that make me feel happy; a bit of soft fabric that's nice to feel; an old scent bottle that still smells nice...you can put anything in the box that reminds you of good times or places, that can help lift your mood.'

'Things that help me: My hobbies. Guided meditation (you can find this on YouTube). Facebook support groups (but be careful when using these, and chat rooms). PARCS Wednesday or Monday Drop In Groups 😊'



Here's a visualisation technique to calm and relax you. It works better if you practise it regularly:

Sit in a place where you feel quiet, relaxed and won't be disturbed.

Close your eyes. Imagine a beautiful, relaxing scene. Is it a place you remember? A place you'd like to go? It might be by the sea? In the countryside? Near mountains?

Focus on your picture in your mind. Make it as real and detailed as you can, using all your senses. For example, if you are picturing a beach, imagine the warmth and feel of the sand under your feet; and the heat of the sun on your body. Notice the colours of the sea and sky; the smells; the sounds of the waves and birds.

Imagine how contented, warm and happy you feel. Focus on that good feeling, and how it spreads through your whole body, relaxing you, and making you feel calm and safe.

While this picture is really clear in your mind, link it to a physical reminder, eg by pressing your finger against your thumb, or squeezing your ear lobe.

Then, if ever you feel anxious, stressed, panicky, or have a flashback, you can bring into your mind this lovely picture and the positive feelings that go with it. Using your physical reminder helps recall your picture. Let the feelings of safety, warmth and contentment spread through you. Keep focusing on your picture, until you feel calm.



WHEN I'M AFRAID I'LL HAVE A PANIC ATTACK IN A PUBLIC PLACE...

'I plan my journey really carefully. I think about all the different alternative routes and exits where I'm going, then I write them down and take that with me.'

'I carry a bottle of water or a soft drink, so if I start to panic I can take it out of my bag and sip it. Doing that distracts me and helps me focus and concentrate and stay calm.'



MY THOUGHTS



WHEN SOMETHING TRIGGERS ME AND I START HAVING A FLASHBACK OR DISSOCIATING...

'I try to ground myself by remembering where I actually am right now.

I sit down, put my feet flat on the floor and focus hard on feeling my body touching the seat and my feet touching the floor.

I remind myself where I really am, and what day it is.'

'I look for something near me that's a rectangle shape – eg a window, a table or a picture.

Then I breathe in deeply, as I focus my mind and imagine I'm 'travelling' along the top edge of it, from left to right.

Then I breathe out as I imagine travelling down the side; breathe in as I imagine going along the bottom; and breathe out again as I go up the other side.

I just keep on doing this, til I feel calmer. In my mind I can make the rectangle bigger, so that it takes me longer to travel along each side.'





MY THOUGHTS



WHEN I'M FEELING LONELY...

I talk to my bears. They've all got different names and personalities. They remind me of people who have been important in my life, like my Nan and my brother.'

'I CUDDLE UP WITH A HOT WATER BOTTLE OR A BIG CUSHION. IT'S COMFORTING.'

'I stroke and talk to a cuddly toy, as if it was me as a child.'

'I CALL A FRIEND, OR A HELPLINE.'



MY THOUGHTS



WHEN I CAN'T SLEEP...

'I go to sleep with the telly or radio on. I can't go to bed in silence yet.'

'I keep busy. I make things or do practical things.'

'I take sleeping tablets at the moment. I want to come off them, but right now they are helping me not feel so tired in the daytime.'

'I have a milky drink or herbal tea. I find I get to sleep easier if I don't have regular tea or coffee during the evening.'

'I try to wind down and relax a bit before I go to bed, maybe listen to music or have a warm bath. I avoid films and books that might trigger me.'

'I know I put off going to bed, so I set the alarm on my phone, to remind me to start getting ready for bed.'



MY THOUGHTS



WHEN I FEEL LIKE HARMING MYSELF....

'I wear an elastic band on my wrist and ping it hard against my skin. It's only a tiny bit of pain, but it's enough to distract me for a moment and relieve the pressure inside my head.'

'I draw butterflies on my skin instead of cutting. They represent freedom for me and take my mind off cutting.'

'I remind myself that I'm not dirty, so I don't need to harm my body by bleaching it, or spend all my time cleaning.'



MY THOUGHTS



WHEN I FEEL LIKE BINGEING, EMPTYING MYSELF, OR SHOPPING...

‘Sometimes when I’m feeling empty, I just want to fill myself up with food, and fill my life up with things, to make myself feel better.

But I try to remind myself that those feelings don’t make me feel better for long!

‘I remind myself that I’ll feel awful when I stop, even though it feels comforting or rewarding right now.’

‘I shop for food daily now, so I’m not tempted to store more than I need, then eat it. For years, I never realised that I had a problem with food. At least now I recognise it and I can acknowledge it.’

‘I tell myself that really, that’s just more abuse – in the end, it’s abusing myself, not being kind to myself.’





MY THOUGHTS



SOME INSPIRATIONAL THOUGHTS

‘Every day, do something that will inch you closer to a better tomorrow.’

‘If you feel like your ship is sinking, it might be a good time to throw out the stuff that’s been weighing it down. Let go of people who bring you down, and surround yourself with those who bring out the best in you.’

‘Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim – letting go of the pain and transforming oneself from victim to survivor.’

‘Relax, be still and listen – for you are the result of the love of thousands.’

‘Only trust someone who can see these three things in you:

The sorrow behind your smile;



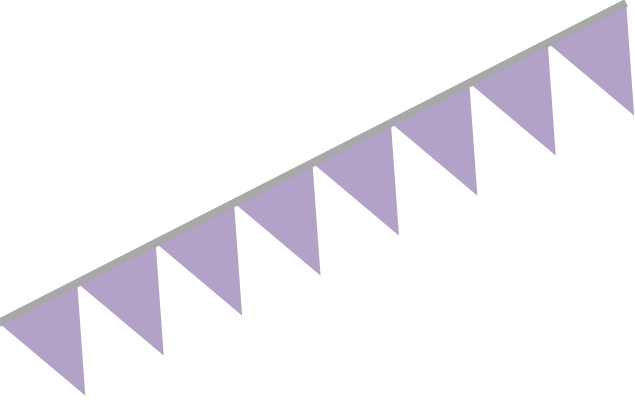
***The love behind your anger; and
The reason behind your silence.'***

**'One of the best feelings in the world is
knowing that your presence and absence both
mean something to someone.'**

MY FAVOURITE QUOTES



MY PAGE!



For more help, ideas and contact details see the PARCS website – www.parcs.org.uk

You can call us on **023 9266 9513**

Or write to us at **PO Box 3, Portsmouth PO2 8RX**

**Thank You for reading our
book**

from

PARCS Wednesday Drop In Group

*(And a special thank you to P, whose idea
it was!)*

