

## HEALTH & MIND CLUB

### Self-Harm Awareness

Sometimes we mistake our value to be worthless, little do we realize that **in the eyes of others we are priceless.**

Self-harm is a way one deals with stress or emotional pain. It may help them to express their feelings that can't be put into words. This, in some way, makes them want to do it even more. Many teenagers feel that the solution to all the problems in life is self-harm, although it's not.

Most people take on self-harm due to two reasons:

#### **1. The Societal Issue**

The major fear victims face is not being accepted in the society for who they are. **It is very important for one to realize that the flaws they are ashamed of are what makes them different.**



What has happened to me?

Hurting myself, to feel free?

No one understands,

As the sadness inside me expands.

I'm feeling lonely,

And no one is there to hold me

When my life is crashing down

All I do is sit and frown

And in these feelings, I drown

I have no one to talk to,

What am I supposed to do?

The emotional pain reduces

As I get more and more bruises.

What has my life become?

I'm feeling so glum

The cut of a blade seems appealing

It's the only thing,

That understands what I'm feeling.

In that moment,

The blade ripped across the surface

As the blood ran free,

I forgot all my problems

The pain was my escape,

And it will always be...

But I can't continue this practice

The pain stings more than a cactus

I must stop,

The blade is what I must try to drop.

-Nandini Gupta

As long as one accepts themselves, no one can affect them.

Self-Harm is thus clearly not the solution. No one gains or benefits from self-harm.

## **2. The Personal Issue**

Here, one usually self-harms for seeking attention or sympathy. It is usually done when someone doesn't feel good about themselves. Again, self-harm is clearly not the solution.

What's important is self-love and self-acceptance.

## **3. Consequences of Self-harm**

1. Self-harm is a temporary solution.
2. Someone who intends to self-harm can hurt themselves extremely badly.
3. Self-harm often becomes addictive after a certain point.

If you feel the need to self-harm or if you have self-harmed, here are a few tips to stop-

- **Talk to someone** you know you can rely on.
- **Focus on the things that make you happy.** For example: dancing, singing, writing or even playing with your pet.
- Listen to music, exercise go out for a walk and get fresh air.

No matter how worthless or trapped you feel, **self-harm is never the solution to the problem.**

Life is all about ups and downs. Problems come and go, but life happens only once. **So, respect and accept yourself for who you really are.**



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