Minimise Harm

What ideas can we try to help us minimise harm?

Action

Ways to motivate to minimise harm

- Write down the harm the behaviour is causing
- Write down what the behaviour gives you
- Think about why you want to change the behaviour
- Tell someone why you want to change the behaviour

Ways to break the habit

- Reduce access to the thing that you want to reduce or stop
- Create new habits around other things that interest you
- Spend time with friends

Ways to deal with craving

- Breathwork
- Journalling
- Go for a walk / run / bike ride – whatever works for you
- Think about the other pillars

Ways to treat yourself kindly

- Noone is perfect – expect to fail but try to break that cycle of guilt that will make you more likely to stop trying
- If tackling the behaviour is too hard then focus on another pillar for now
- Ask for help – it is hard to stop a lot of these behaviours without external help

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