



Minimising Harm

How does minimising harm relate to the other pillars?

Relate

If we minimise harm...

Minimising harmful behaviours and substances can stop us being over-stimulated at the end of the day which helps us unwind and get to sleep	Sleep Better	
Minimising unhelpful coping strategies can make physical activity feel easier and more enjoyable	Move More	
Minimising harmful habits can allow us to find pleasure in eating well	Eat Well	
Minimising unhelpful coping strategies and substances can lower stress responses in the body	Reduce Stress	
Minimising harmful influences can improve our sense of belonging	Deepen Connection	

The other pillars can help us minimise harm by....

	Sleep Better	Sleeping better may leave us less likely to rely on unhelpful coping strategies
	Move More	Moving more and finding the joy of movement can lessen the urge to use harmful behaviours or substances
	Eat Well	Eating well can make harmful habits less appealing
	Reduce Stress	Reducing stress can lower the temptation to rely on harmful influences
	Deepen Connection	Deepening connection can give us support to resist using unhelpful coping strategies

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