

## Understanding Self-Harm and How to Help

At Harmony in Daily Happiness Foundation, Inc., we believe that no one should ever feel alone in their mental health journey. Part of creating a compassionate and supportive community means talking openly about difficult topics — including self-harm — with understanding, empathy, and care.

Self-harm is often misunderstood, yet it is a reality for many individuals experiencing deep emotional pain. By increasing awareness and responding with compassion, we can help reduce stigma, encourage healing, and support those who may be silently struggling.

### What Is Self-Harm?

Self-harm is a behavior in which a person intentionally injures their own body as a way to cope with overwhelming emotional distress. It is not attention-seeking behavior — it is often a sign of deep internal pain, emotional overwhelm, or difficulty expressing feelings.

For some individuals, self-harm may temporarily relieve intense emotions such as:

- Anxiety or emotional overload
- Feelings of numbness or emptiness
- Stress, trauma, or unresolved pain
- Shame, guilt, or self-criticism
- A loss of control or hopelessness

While self-harm may provide short-term relief, it does not address the underlying emotional challenges and can lead to further physical and emotional harm. This is why understanding and support are so important.

At Harmony in Daily Happiness, we recognize that healing begins when individuals feel safe, seen, and supported.

### Breaking the Stigma Around Self-Harm

One of the greatest barriers to healing is stigma. Many people who engage in self-harm experience shame or fear of judgment, which prevents them from seeking help. In reality, most individuals hide their behavior rather than draw attention to it.

Our mission is rooted in compassion and connection. We believe that when we replace judgment with understanding, we create space for healing conversations and meaningful support.

Self-harm is not a failure. It is not a weakness. It is a signal that someone is struggling and needs care.

### **Signs Someone May Be Struggling**

While not always visible, there may be warning signs that someone is experiencing emotional distress or engaging in self-harm, including:

- Unexplained cuts, burns, or marks on the body
- Wearing clothing that covers the body even in warm weather
- Withdrawal from social connection or activities
- Sudden emotional changes or increased anxiety
- Expressions of worthlessness or deep sadness
- Secrecy around personal belongings or sharp objects

Recognizing these signs allows us to respond with compassion and offer support.

### **How You Can Help**

Supporting someone who may be struggling with self-harm does not require having all the answers. What matters most is showing care, patience, and understanding.

#### **Listen Without Judgment**

Create a safe and supportive space where the person feels heard. Avoid criticism, blame, or immediate solutions. Simply listening with openness can provide comfort and connection.

#### **Offer Compassion and Reassurance**

Let them know they are valued and not alone. Gentle words of care can help reduce feelings of shame and isolation.

#### **Encourage Professional Support**

Mental health professionals can provide tools and guidance for managing emotional distress in healthy ways. Encouraging someone to seek help can be a powerful step toward healing.

### **Help Foster a Safe Environment**

Promoting safety may include encouraging healthy coping strategies such as journaling, creative expression, movement, mindfulness practices, or breathing techniques — all aligned with Harmony in Daily Happiness' focus on daily wellness and emotional balance.

### **Our Commitment to Healing and Hope**

At Harmony in Daily Happiness Foundation, we are dedicated to building a community where individuals feel empowered to care for their mental health without fear or stigma. We believe healing happens not only in large moments, but in small daily acts of compassion, connection, and self-care.

When we lead with empathy, we help others feel safe enough to share their struggles. When we listen, we help people feel seen. When we support one another, we create pathways toward hope and recovery.

Together, we can create a world where every person knows they matter and where emotional wellness is nurtured every day.

### **If You or Someone You Know Needs Support**

If you or someone you know is struggling with self-harm or emotional distress, reaching out for help is a courageous step.

In the United States, you can call or text **988**, the Suicide & Crisis Lifeline, for free, confidential support 24/7.

You can also connect with **Harmony in Daily Happiness Foundation, Inc.** to learn about our programs, community resources, and opportunities for connection, healing, and support.