

WHAT RELIEVES MY PAIN: PHOTOS AND EXPERIENCES OF ADOLESCENTS

We hope you can find some inspiration, validation, knowledge and comfort.

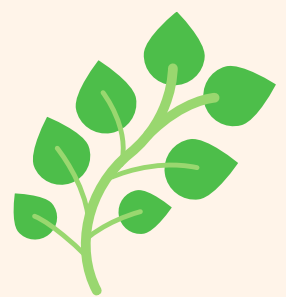
What is this document?

In this document you will find experiences, photos and stories of nine Brazilian adolescents with lived experiences of self-harm, who talked about what sustains them and promotes mental health.



CONNECTION WITH NATURE

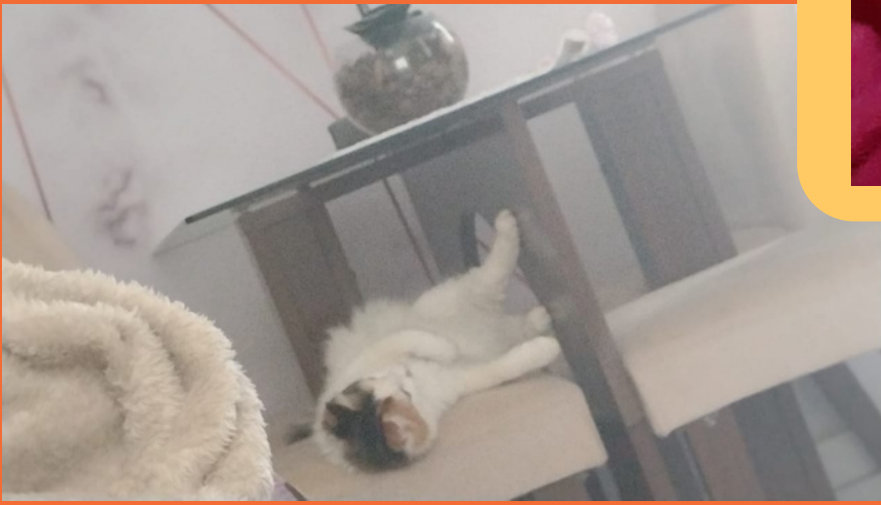
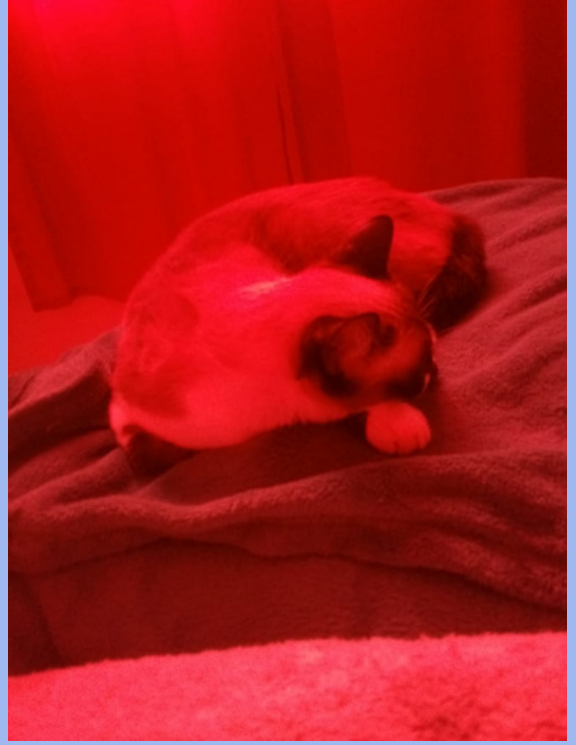
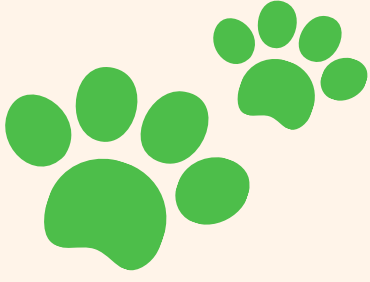
"Sometimes connecting with nature is feeling yourself from the inside. It's a very nice thing to be able to have a little place for you to put a mat on the ground and lie down and look at the stars, or a chair and watch the sunset. It's such a simple thing that you can do in life. If you can do that, even for a little time, it will improve your day"



PETS AND COMPANIONSHIP

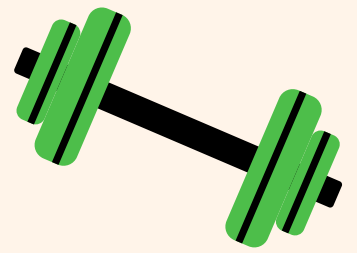
"And this photo is because... Oh, I don't know, it's because, like, when I'm alone she always goes there, lies next to me, I think she's cute. I can not explain. She's a companion. I feel love."

"When I'm sad she comes close to me and keeps rubbing against me. I think it's good. It means that there is an animal that loves me."



EXTREME SPORTS AND PHYSICAL ACTIVITY

"It's a unique sensation, the adrenaline in the blood, you wanting to hit that maneuver, the wind coming towards you at high speed. I think it was the best antidepressant I found, because before I was locked up, if I didn't have my skateboard, the room would be completely dark, I would be lying down, nobody would know what I have or don't have, and I would be alone. But after I started skating I saw that it was a medicine beyond what I could imagine."

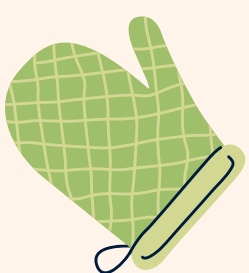


"One thing that distracted me a lot was the gym. Then I started to lose weight, enjoying it, you know? Then later on I discovered riding a bike, which I love."

CUISINE

"I love to cook, so I took this photo from yesterday, when I made banana brigadeiro (Brazilian dessert). I had nothing else to do and then I decided to make the brigadeiro, because I liked it the first time I tried."

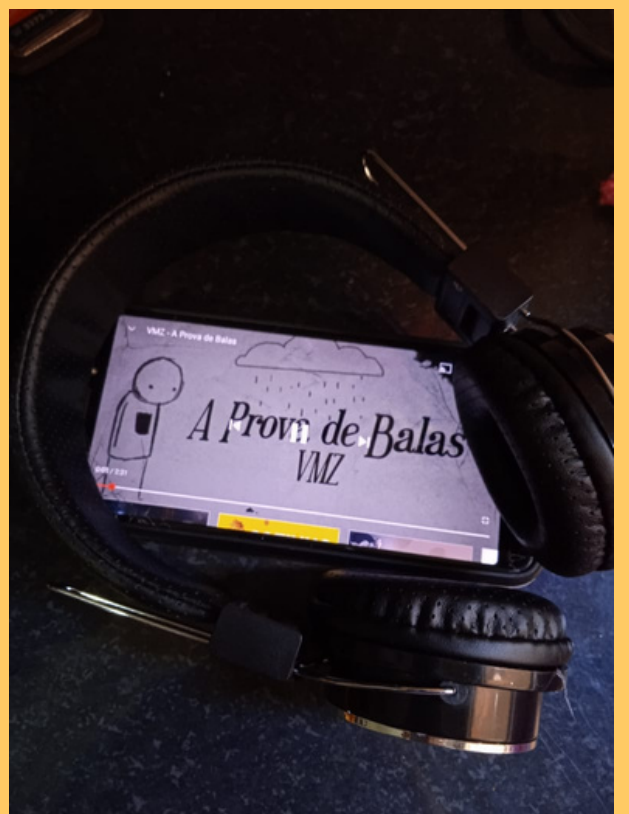
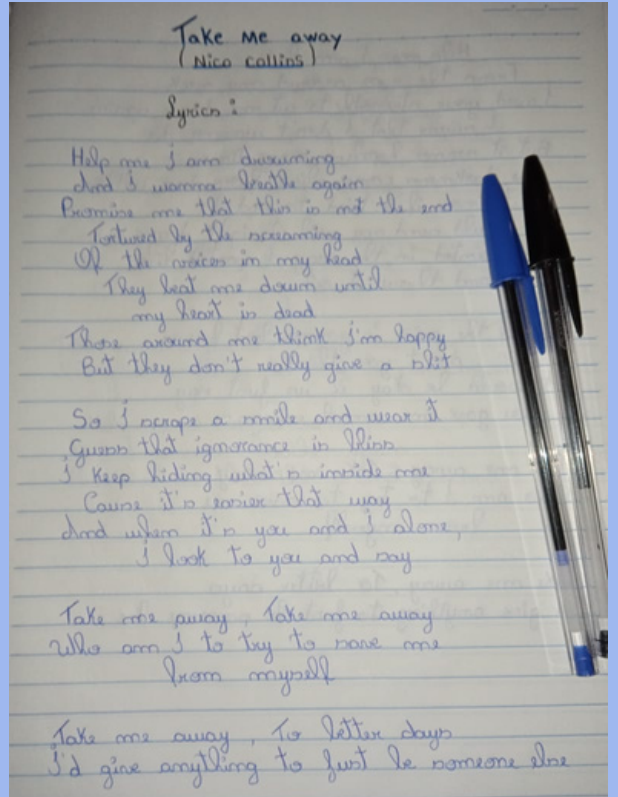
"Food is also important to me, it's a lot of fun. You try to make a new recipe, make another one, try different flavors, I really enjoy cooking. It's something that helps me a lot."



ARTS

"Depending on the case, I can calm myself by listening to music. So, music is really.. it's a part of me I think. I always find, in every song I hear, some part that describes me, so I put on some sad song that describes what's going on and what I'm feeling at the time."

"With writing I can calm down. And normally I like to write song lyrics."



"Drawing also calms me down. Yes. I like it, I think I put what I'm feeling at the moment in my pencil to pour it into the drawing, you know?"

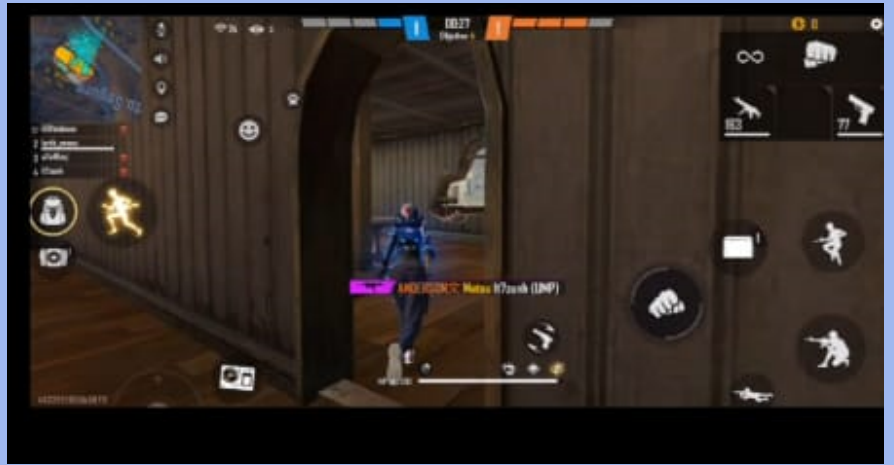
"When I'm this sad, I need to listen to lively music, to cheer me up, you know? Then I start to tidy the house, listen to music and then I get better, right?"

"This photo is from a Korean music group that I like. BTS. They did an Instagram live telling people that they shouldn't cut themselves, because that wasn't good, you know? Then I decided to stop. It was only for a while, I think about 4 months that I cut myself. And, like, their songs also influence me like, the lyrics, you know? I like it."



CONNECTEDNESS

"I like to get to know people more deeply. Not only superficial relationships, I don't like being around people who seem superficial, so much so that with my best friend, we know each other a lot, we know each other very deeply."



"This day was the day I went to a festa junina (Brazilian celebration) that I had with my family. This one is my best friend, this one is the two that I consider as cousins. They are people that when I'm together I forget about things, I get... better!"

"I always looked forward to this, all of us together, let's put it this way. So now that our connection is... very strong, I'm loving it. Now I talk to her (mom) and she talks to me too, it's pretty...good. Before I felt excluded, nowadays I feel like...everything has changed."

"I took a picture of this videogame because it can put a... stop in my nervousness sometimes. I can calm down, because as it's an online game, we talk to other people. Usually friends, so my chatting with my friends is connected with this game and it calms me down. It's not because of the game itself, but because of the conversation."



SPIRITUALITY

"Lately, I don't know if this is normal, but I've been feeling very connected with God, with some good spirit. It's been a good thing, because when I think about giving up, I think about all the signs I received and I have more strength to go on."

"There are my mother and my brother. I thought this photo was very beautiful. We were praying together."

"I started talking to God, I didn't know if he was listening to me. He sent a signal to me, for me to start living my life."



*To and by Laurel, Esmeralda, Lua, Alice, Isabella, Ana, Amanda, Fernanda
and Letícia.*

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