Alternatives to Self-Harm

*To express pain/intense emotions: Because you feel disconnected/numb*

~ Draw/paint/color ~ Talk to friends or loved ones

~ Start a journal/blog/vlog ~ Take a COLD shower

~ Write a story or poetry ~ Hold ice in bend of your leg or arm

~ Compose music ~ Chew something strong like

~ Play a musical instrument chili, lemon, or peppermint

~ Doodle on paper ~ Snap a rubber band on your wrist

~ Sing for brief periods of time

~ Talk to yourself ~ Focus deeply on a piece of chocolate as

~ Build/craft something you eat it

 ~ Talk to a therapist or counselor

*To release tension or vent anger: ~* Blow up a balloon and pop it ~ Exercise ~ Connect online with help forums

~ Punch a cushion ~ Concentrate on things that made you

~ Throw Socks happy in the past

~ Use a stress ball or fidget tool

~ Make noise/scream as load as you can

~ Squeeze clay or putty

~ Stomp your feet
~ Instead of cutting, cover yourself in band aids

~ Write the names of special people or thoughts on your arms

~ Tear up paper

~ Draw slash lines on paper

*To calm or sooth yourself: Things that inspire you or to focus on*

 ~ Take a hot shower or warm bath  *instead of self-harm:*

~ Pet or cuddle a dog or cat ~ Listen to music

~ Wrap yourself in a blanket ~ Read a new book

~ Massage your neck, hands, or feet ~ Watch a YouTube personality that

~ Listen to calming music inspires you

~ Hug something soft ~ Cook/bake

~ Paint your nails ~ Eat your favorite foods

~ Watch a favorite movie ~ Think about someone else- perform one

~ Read a book act of kindness

~ Go for a walk or drive ~ Memorize a song

~ Sit in a café and people watch ~ Volunteer somewhere

~ Count ceiling tiles or lights ~ Search online for and practice positive

~ Mediate affirmations

https://www.glbthotline.org/self-harm-prevention.html