

Safer Alternatives for Self-Harm

- ✓ Hold an ice-cube in one hand and squeeze it
- ✓ Draw on yourself with a red pen/texta. Use red paint/nail polish/food colouring/fake blood to resemble bleeding. Squeeze an ice cube in your other hand at the same time to make it more distracting
- ✓ Flick your wrist with a rubber band
- ✓ Draw faces of people who have upset you on balloons and pop them
- ✓ Write letters to people you hate or who have upset you. Tell them what they did and why it upset you.
- ✓ Throw foam balls, rolled up socks or pillows as hard as you can
- ✓ Scream as loud as you can into a pillow
- ✓ Engage in intense exercise
- ✓ Rip up bits of paper or material
- ✓ Dig your fingernails into, or pick at a foam ball
- ✓ Eating sour/spicy lollies or a really strong mint
- ✓ Run your hands under cold water or put a cold flannel on your face
- ✓ Listen to upbeat/energizing/classical/relaxing music