

Distractions

Displacement

- Drawing on yourself in red marker
- Snapping an elastic band on your wrist
- Putting on fake henna, tattoos or PVA glue and then peeling this off
- Putting plasters or bandages on where you want to self harm
- Mix warm water and food colouring and put it on your skin
- Make ice cubes with added red food colouring and rub them on where you want to self harm
- Squeezing ice cubes (maximum 10 minutes at a time).
- Use makeup to create fake injuries
- Use skin coloured plasticine, smear it on your skin, cut into the plasticine (carefully), and pour fake blood or food colouring into the fake cut.
- Draw yourself or around a body part on a piece of paper and draw the harm you imagining
- Take a photo of yourself when you are feeling upset, write all over it how you are feeling and destroy the picture
- Take a hot shower and use exfoliating body wash or a sponge or glove and scrub
- Draw all over your old scars
- Bite into a chilli or ginger

Physical

- Exercise eg sit ups, squats, jumping jacks
- Going to the gym
- Punching a punch bag or pillow
- Shouting and screaming
- Ripping up paper
- Popping bubble wrap
- Popping balloons
- Playing with a stress ball or fidget toy
- Plucking your eyebrows
- Throwing socks against the wall
- Dancing
- Stamping your feet
- Playing catch with a ball
- Swimming
- Going for a bike ride/walk/drive/bus ride

Comforting

- Cuddling a soft toy/pillow
- Allowing yourself to cry
- Sleeping
- Taking a shower or bath
- Playing with a pet
- Drinking a hot drink
- Wearing your PJs and watch TV or a film
- Massaging your own hands or feet
- Wrapping yourself in a blanket
- Give yourself a hug

Reinforcing

- Thinking about not wanting scars in summer
- Thinking about not wanting to go to hospital
- Set yourself a target eg. 10 minutes, and try not to self harm and use other distractions. Once you reach the end of 10 minutes try for another 10 minutes until the urge passes.

Creative

- Writing poetry, a journal, letters, stories
- Doodling or scribbling on paper
- Playing a musical instrument
- Tapping along to music
- Singing
- Knitting, crochet or sewing
- Drawing or painting
- Origami
- Memorising poetry or song lyrics
- Making a playlist of your favourite music
- Imagining what your emotions would look like and drawing this
- Drawing how you feel the emotions in your body
- Finger painting
- Colouring in

Constructive

- Doing school work, homework or paperwork
- Writing a to do list
- Untangling string, wool, jewellery
- Organising your room, clothes or photos
- Cleaning
- Organising CDs, DVDs, and books into genres, alphabetical or chronological order
- Reading a book
- Cooking or baking
- Calling a helpline eg Samaritans (116 123)
- Polishing furniture or jewellery
- Posting on web forums
- Writing a list of positive things in your life or memories
- Shredding
- Dying your hair
- Painting your nails
- Stamping on cans for recycling (with shoes on)
- Gardening

Distractions with Others

- Generally being with other people
- Phoning a friend
- Helping someone else
- Going to a public place
- Visiting friends
- Hugs
- Talking about your problems with someone close to you that knows what you are going through

Inspiring

- Looking up into the sky, cloud watching or star gazing
- Watching a candle burning
- Meditating
- Picking an object, a shell or rock for example, and focusing on it very closely
- Look at works of art
- Watch fish, birds or butterflies
- Yoga or Tai Chi

Fun

- Watching your favourite TV show or film
- Surf the internet
- Listen to music
- Dress up glamorously or silly
- Using makeup or face paints
- Playing with play dough or modelling clay
- Jumping in puddles
- Hunting for things on ebay
- Planning an imaginary party or holiday
- Looking for perfect house in the paper
- Counting anything eg patterns on wallpaper, bricks in a wall, ceiling tiles
- Building things from Lego
- Coming up with new names for objects or animals
- Doing crosswords, word searches, sudoku or puzzle games
- Playing cards