

# ALTERNATIVES

## FOR SELF-HARM

- Scribble on photos of people in magazines.
- Tear apart newspapers, photos, or magazines.
- Go to the gym, dance, or exercise.
- Splatter paint
- Write your feelings on paper then rip/burn it.
- Slash an empty plastic soda bottle or a piece of heavy cardboard.
- Break sticks
- Run your hands under freezing cold water.
- Snap a rubber band or hair band against your wrist.
- Clap your hands until it stings.
- Splash your face with cold water.
- Take a hot shower/bath
- Write or paint on yourself
- Take a bath with ice cubes (numbing sensation).
- Bite into a hot pepper.
- Carve ceiling lights or tiles.
- Play a musical instrument.
- Doodle on sheets of paper.
- Write out lyrics to your favorite song.
- Browse eBay or Amazon.
- Memorize a poem with meaning.
- Learn to swear in another language.
- Go outside and watch the clouds roll by.
- Re-organize your room.
- Draw or paint.
- Buy a cuddly toy.
- Wander aimlessly through a bookstore.
- Watch a favorite TV show or movie.
- Eat something ridiculously sweet.
- Remember a happy moment and relive it in your head.
- Look at things that are special to you.
- Youtube funny videos!
- Let yourself cry.
- Write words in the sand and let them be washed away.
- Meditate / do yoga.
- Hug a pillow or soft toy.
- Crunch ice.
- Feel your pulse to prove you're alive.
- Create a safe place and take yourself there.
- Light a candle and watch the flame.
- Remember that you don't have to hurt yourself just because you're thinking about self-harm.
- Make a notebook of song lyrics you relate to.
- Paint yourself with red tempera paint.
- Repeat to yourself "I don't deserve to be hurt until you believe it."

-Haley