

ALTERNATIVES TO SELF HARM

REMEMBER THAT YOU DON'T HAVE TO HURT YOURSELF
JUST BECAUSE YOU'RE THINKING ABOUT SELF HARM.



Write out lyrics to your favorite song
Make a notebook of song lyrics you like
Memorize a poem with meaning



Listen to loud music
Play a musical instrument



Meditate/do yoga
Clap your hands repeatedly
Shout really loudly into a pillow



Re-organize your room
Hug a pillow or soft toy



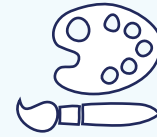
Learn Origami
Learn to swear in another language
Learn sign language



Bite into a hot pepper
Eat something sweet or sour



Let yourself cry
Remember happy moments
Track your pulse



Draw or paint

Write on yourself with a marker
Paint yourself with red tempera paint
Doodle on sheets of paper



Go outside and watch the clouds
Kick a ball around outside
Create a safe place and go there mentally



Browse eBay or Amazon
Look at projects on Pinterest
Watch a favorite TV show or movie
Watch funny Youtube videos



Run your hands under freezing cold water
Splash your face with freezing cold water
Take a cold bath with ice cubes
Crunch ice (carefully)

REPEAT TO YOURSELF

“I DON'T DESERVE TO BE HURT”

UNTIL YOU BELIEVE IT.

ALTERNATIVES TO SELF HARM

ANGRY, FRUSTRATED, RESTLESS?

Go to the gym, dance, or do any type of physical activity

Hit a punching bag

Use a pillow to hit a wall, pillow-fight style

Rip up an old newspaper or phone book

On a sketch or photo of yourself, mark in red ink where you feel like cutting

Make Play-doh or other clay models and smash them

Throw ice against something hard enough to shatter it

Crank up some music and dance

Go for a walk/jog/run

Play a physical sport

Scribble on photos of people in magazines

Tear apart newspapers, photos, or magazines

Splatter paint on a canvas

Write your feelings on a paper then rip it up

SAD, DEPRESSED, UNHAPPY?

Do something soothing, like taking a hot bath

Write out your affirmations on your skin

Smell something sweet

Splash water on your face

Listen to soothing music

Smooth nice body lotion into the parts of yourself you want to hurt

Call a friend and just talk about things that you like

CRAVING SENSATION?

Squeeze ice cubes hard

Put a finger into frozen food, like ice cream

Take a cold bath

Focus on how it feels to breathe, notice how your body moves

WANT TO PICK SCABS?

Get a henna tattoo kit. You put the henna on as a paste and leave it overnight; the next day you can pick it off as you would a scab and it leaves an orange-red mark behind

HEALTHY TRANSITIONS

ROADS OF 
INDEPENDENCE

We are still here to talk and get you the services you need. Call or email us for help managing during this time.

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