

SELF HARM ALTERNATIVES

1. Squeeze ice cubes
2. Pop bubble wrap
3. Vent to a punchbag
4. Hugs a cuddly toy
5. Scream (when safe)
6. Smash a watermelon
7. Tear paper
8. Go for a run
9. Rest. Take time-out
10. Fidget with sensory toy
11. Allow yourself to feel
12. Cry (it is okay to cry)
13. Draw. Write. Paint. Create
14. Play the piano, guitar...
15. Sing. Dance
16. Go to a safe place
17. Break sticks. Plant a tree.
18. Breathe deeply
19. Google 'The Butterfly Project'
20. Have a bubble bath
21. Watch funny youtube videos
22. Pull weeds out of your garden
23. Snap a rubber band on your wrist
24. Draw or write on your arm with red ink
25. Play your favorite music. Make a recovery playlist
26. Talk or write to someone
27. Ask for support
28. Write a list of reasons to recover
29. Say 'this feeling will pass'
30. Say 'i do not deserve more pain'
31. Listen to a guided meditation
32. Listen to a soothing radio show
33. Bite a hot chili
34. Take a glass to recycling and smash
35. Look at happy photos
36. Count the things around you
37. Go outside (if safe)
38. Practice a safe feel good stim
39. Squeeze a stress ball
40. Cuddle or play with a pet
41. Watch your favorite TV show
42. Help others
43. Make a facebook page or blog
44. Talk to God (if religious)
45. Call or write to a helpline
46. Write a nice letter to yourself
47. Do a random act of kindness
48. Watch fish swimming
49. Play video games
50. Go on a walk