



## Time with others

- Spend time with friends or family
- Talk to a trusted friend
- Ring a helpline
- Spend time on a supportive online forum



## Being Productive

- Write a to do list
- Tidy your bedroom
- Clean the house
- Do the dishes
- Bake a cake
- Untangle necklaces or string
- Write a list of positive things in your life
- Write an a to z of distractions that you could try
- Paint your nails
- Pluck your eyebrows



## Get Physical

- Go for a run
- Do a workout
- Dance
- Have a pillow fight with the wall
- Play with a stress ball
- Pop bubble wrap
- Rip up paper into small pieces



Try and think what emotions are associated with your self-harm and what a relevant distraction might be eg for sadness try comforting yourself, for anger try something physical like hitting a pillow physical, if you are feeling out of control try being productive.



## Distractions

You can learn to manage the urge to self-harm through distractions. The urge will pass, and it's thought that it is strongest for a 5-15 minute period – find out what you can do to get through this time

When it comes to distractions it's not a 'one size fits all'. Experiment and find out what works best for you. Have a look at the **Calm Halm** and **DistraACT** Apps for more ideas and a way to track how well your distractions are working.



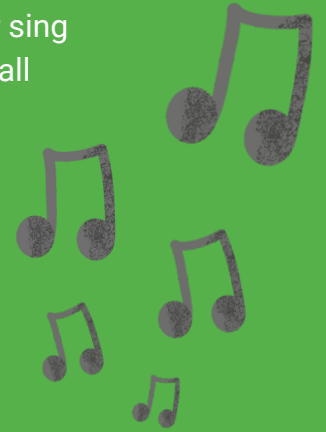
## Lose yourself

- Watch your favourite film or box set
- Play a game on your phone
- Do a crossword, word search or sudoku
- Play with a fidget or slinky
- Dress up, glamorous or silly
- Plan an imaginary party
- Count tiles on the floor, bricks on a wall, books on a shelf



## Be Creative

- Draw or do colouring
- Play an instrument or sing
- Paint a picture or a wall
- Make a playlist
- Write a poem, blog



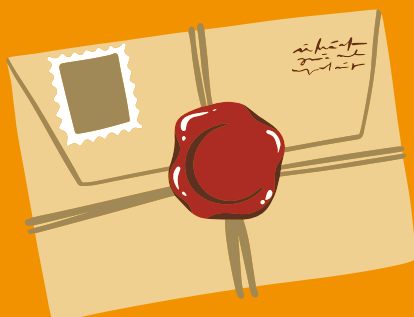
## Make a Hopebox

Spend time creating a hopebox – this could be a physical one in a shoebox or a virtual one – think about all your senses



## Find comfort

- Cuddling a soft toy/pillow
- Allowing yourself to cry
- Sleep
- Have a hot bath
- Massage your hands
- Cuddle a pet
- Put your PJs on
- Read a letter written to yourself when in a better place



## Minimise the harm

- Draw on yourself in red marker
- Squeeze an ice cube
- Snap an elastic band on your wrist
- Use red food colouring and gelatine
- Draw on self with red lipstick
- Put plasters or bandages on where you want to self-harm



## Try Delaying

Even if you only delay self harming for a minute or so – that is still an achievement.

Next time try to delay for slightly longer

