

Instead of Cutting... Move and Distract

Circle 10 Best for You

Adapted from Adolescent Self Injury Foundation:

<https://www.adolescentselfinjuryfoundation.com/things-to-do-besides-self-harm>

1. Exercise.
2. Put on fake tattoos.
3. Draw on yourself with washable red marker -
then take a shower and wash away your pain.
4. Scribble on sheets of paper.
5. Text trustworthy support and ask for help.
6. Touch or suck on ice cubes while enjoying your favorite drink.
7. Be with other people.
8. Watch a favorite TV show.
10. Think about how "I DON'T WANT SCARS FOR SUMMER!!"
11. Paint your nails a new color.
12. Download a support app: Happify, Virtual Hopebox. Virtue the app, My3.
13. Eat something yummy you can't resist.
14. Do your school work.
15. Write a letter to someone but never send it.
16. Watch aquarium fish.
17. Call a friend and ask them to come hang out.
18. Play a musical instrument or sing.
19. Write or find poetry that expresses how you feel.
20. Look up at the sky, and find the moon. Study it.
21. Ask doctor about vitamins: multi., B Complex, D, GABA
22. Get a punching bag and boxing gloves. Name the bag
then use it when you need to.
23. Snap a rubber band (hair band) on your wrist.

24. Cover yourself with band-aids where you want to cut.
25. Go to the zoo and rename the animals.
26. Let yourself cry, even if it is hard.
27. Sleep, only if you are tired.
28. Do the *exact opposite* of what you *really* want to do.
29. Play with a pet. Visit a pet store.
30. Smile to at least 5 people.
31. Watch something inspirational on Youtube.
32. Go out and perform one act of kindness.
33. Have a pillow fight with a wall.
34. Knit a scarf.
35. Read a good book.
36. Dress up glamorous, with makeup to match.
37. Color your hair.
38. Listen to music (non-triggering)
39. Find a new funny meme.
40. Find someone else you can help. Do volunteer work.
41. Meditate. Track your breathing.
42. Call up an old friend and catch up.
43. Start a mood journal and write in it every day.
- Do patterns surface? Track your triggers.
45. Go somewhere very public.
46. Bake cookies or another favorite food you like.
47. Take your own dog, or a friend's dog for a walk
48. Chew gum.
49. One at a time: Use each of your 5 senses to locate 2 items.
50. Paint or draw.
51. Rip paper into really small pieces.
52. Give someone a hug.
53. Record yourself.
55. Hug a pillow or stuffed animal.
56. Hyperfocus on something like a rock, stream or plant.
57. Write yourself an "I love you because..." letter and keep it.

58. Scream as loud as you want.
59. Dance.
60. Make hot chocolate.
61. Pop bubble wrap.
62. Play with play dough or slime.
63. Count to 100.
64. Build a pillow fort.
65. Blow up a balloon and pop it.
66. Hug yourself.
67. Write yourself an "I love myself because" letter and keep it.
Read it when you feel down.
68. Read things in a different language.
69. Go for a nice long walk, or jog.
70. Complete something you have been putting off.
71. Drink a cup of herbal tea.
72. Fold paper and invent a new origami shape.
74. Build or create something.
75. Butterfly hug yourself.
76. Visualize a happy scene and pretend to be there.
77. Practice "square breathing" (4s In, 4s. Hold, 4s. Out, 4s. Rest).
78. Diffuse/roll-on essential oils: lavender, peppermint & favorite
79. Cook a meal.
80. Go out for ice cream.
81. Buy a stuffed animal.
82. Look at pretty things-like flowers or art work.
83. Tighten and flex your muscles progressively throughout your body.
84. Pray to God. Ask for His comfort.
85. Throw socks against the wall.
86. Make a list of blessings in your life.
88. Rock or spin in a chair.
89. Watch an old comedy movie.

90. Call your therapist or make an appointment with one.
91. Talk to someone close that you trust.
92. Feel your feet. Press them gently into the floor. Hold and release.
93. Read the Bible or listen to the Bible App -message version.
94. Create a "safety plan". Carry it with you or hang on the wall.
95. Hide under a pillow and snuggle in a blanket. Notice cozy.
96. Color and decorate a calendar planner or notebook.
97. Feed the ducks / birds.
98. Write or draw pain points on a paper then tell God how much it hurts. Ask for His help.
99. View nature images online. Watch a safari or river video
100. Yell into a pillow.
101. Play in a sandbox or create your own.
102. Go through all your old stuff, and donate to Goodwill.
103. Take a walk in the woods and breathe the fresh air.
104. Cartwheel three times.
105. Get some toys or fidgets and play like you are 5 years old again!