



Distractions.....

Self-injury mimicking

Use washable, non-toxic markers to 'cut' your skin

Snap your wrist with rubber bands

Squeeze ice cubes

20....

Constructive

Read a book

Write in your [Rainbow Journal](#)

Write out ten times 'I don't want to hurt myself'

Write a conversation between the part of you that want to self-injure and the part that doesn't

Call a helpline, post on a forum

Make or work on a website

Write a list of things you need to do

Wait five minutes- if you still want to injure yourself then do.

Increase the time each time you manage to resist.

Write a letter to the person or situation bothering you but don't send it.

Fun

Go shopping or go 'clothes trying on' to your favourite shops

Sing your favourite song to yourself in the mirror

Do your hair in a different style
Wear something you have never worn before

Design an unusual pattern and colour it in

Play a hide and seek game in the dark with a few friends.

Watch a film you enjoy

Inspiring

Meditate

Write down everything you are feeling, bury it and ask the earth to help change how you feel

Pray

Walk outside and look at the clouds, leaves, flowers and trees.

Do a ten minute walk outside and ask for the guidance you need.

Notice what messages you get from nature.

Remind yourself of all the ways that you are connected to the rest of the world simply by being alive - you breathe the same air, eat food grown by the same sun, read the same websites

Physical

Dance Work out
Gardening Hit pillows
Swim Yoga/stretching
Shake your body- every part!
 Make faces in the mirror
Bite hard on bunched up material
 Hit a punch bag
Cycle Go for a run
Masturbate
 Jump up and down
 Throw things like ice cubes or
 your pillow - not glass
Scream at the top of your lungs
Tear a phone book or newspaper
into thousands of pieces

Comforting

Take a nap Get a massage
 Let yourself cry Ask for a hug
Lean against a tree so that it is
completely supporting you.
 Call a friend
Take a long shower
 Listen to soothing music
Lie down and put one hand on your
heart and one hand on your belly and
concentrate on your breathing
 Have a bath or sauna
Take lots of deep breaths
Remind yourself it's ok to need
support
Spend time with an animal

Creative

Cook a meal
Write a poem
Draw a picture/cartoon
Make something
Sing
Think of something you'd like to say
to someone and make it into a song
Write a story
Download Audacity onto your
computer and record a song
Sew / knit / crochet
Play a musical instrument
Write a story - my perfect day / the
rule that would change the world /
Take the most unusual photo that you
can take.

Reinforcing decision to not injure

Think about not wanting scars
Think about not wanting to go to
hospital
Build on 5 minute rule - not
allowed to injure for 5 mins, then
10 then 20 then.....

Different distractions will work for different people at different times. Experiment with some of these and be gentle with yourself if some of them do not work. You are welcome to contact TESS and tell us about your experiences