

HEALTHY ALTERNATIVES TO SELF-HARM

@journey_to_wellness_

EMPTY or
UNREAL?
TRY...

- BITE A LEMON, SQUEEZE OR BITE ICE
- FOCUS ON ONE THING - 'SENSORY GROUNDING'
- COLD BATH OR SHOWER
- INTERACT WITH PEOPLE
- PUT FINGER IN FROZEN FOOD
- FOCUS ON HOW BREATHING FEELS

GUILTY? WANTING
TO PUNISH SELF or
SEE BLOOD? TRY...

- DRAW ON SELF WITH RED PEN OR PAINT
- LIST 10 GOOD THINGS ABOUT YOURSELF
- DO SOMETHING NICE FOR SOMEONE
- PUNISH BY NOT ALLOWING SELF TO SELF-HARM
- DRAW ON SELF, LIKE A CUT, WITH RED FOOD COLOURING

ANGRY or
FRUSTRATED?
TRY...

- SQUEEZE OR CHEW ICE
- RIP UP/SLASH PAPER
- PUNCH PILLOW
- CRANK MUSIC & DANCE
- RUN/WALK
- CRY
- COLD SHOWER

SAD, UPSET or
DEPRESSED?
TRY...

- SOOTHING BATH
- READ OR WATCH MOVIE
- WRITE, DRAW, CRY, SING, PLAY MUSIC
- TALK TO FRIENDS
- CALMING/HAPPY THOUGHTS
- WAIT @ LEAST 15 MINUTES BEFORE ACTING

