

Self-Harm Distractions

Displacement

1. Snapping an elastic band on your wrist
2. Drawing on yourself in red marker
3. Squeezing ice cubes

Reinforcing

1. Thinking about not wanting scars for summer
2. Thinking about not wanting to go to hospital
3. Set yourself a target e.g. 10 minutes and promise yourself not to harm in this time, once you get to the 10 minute point, set a new target of 15 minutes and continue.

Physical

1. Exercise or go to the gym
2. Punching a punch bag
3. Having a pillow fight
4. Shouting and screaming
5. Ripping up paper into small pieces
6. Popping bubble wrap
7. Playing with a stress ball
8. Dancing
9. Going for a drive/walk/run/bike ride
10. Playing catch with a ball

Creative

1. Writing poetry, journals, letters or stories
2. Doodling or scribbling on paper
3. Playing a musical instrument
4. Singing
5. Knitting
6. Sewing
7. Drawing or painting
8. Origami
9. Memorising lyrics
10. Making a mix tape, compilation of your favourite music

Comforting

1. Cuddling a soft toy/pillow
2. Allowing yourself to cry
3. Taking a shower or a bath
4. Playing with a pet
5. Drinking a warm drink

Constructive

1. Doing school work, homework, paperwork
2. Write a to do list
3. Organise room, clothes, draws
4. Cleaning
5. Read a book
6. 8. Cooking or baking
7. Call a helpline - Samaritans, child line etc.
8. Write a list of positive things in your life
9. Paint your nails
10. Gardening

Fun

1. Watch your favourite TV show
2. Going to see a film or watch a DVD
3. Listen to music
4. Colour in
5. Create your dream home/holiday
6. Write down your full name then make as many as words out of it as possible
7. Play a game
8. Do a crossword, word search etc.
9. Do some finger painting
10. Name all of your soft toys

Distractions with others

1. Generally being with other people
2. Phoning a friend
3. Helping someone else
4. Going to a public place
5. Visit a friend
6. Hugs
7. Talking about your problems with someone you are close to

Inspiring

1. Looking up into the sky, cloud watching or star gazing
2. Meditating
3. Look at works of art
4. Try some yoga

Additional Recourses

Apps

Calm Harm

Websites

www.mind.org.uk

www.youngminds.org.uk

If you are concerned about your child or require further support around self-harm, please do not hesitate to get in contact.

