

# SELF-HARM DISTRACTION IDEAS

Self-harm is a way of dealing with feelings and difficult situations. If you're struggling with self-harm, these are a list of alternatives you could try next time you feel the urge to harm...

- 1

PUNCH  
*pillows*
- 2

*squeeze*  
ICE CUBES
- 3

POP  
*bubble wrap*
- 4

  
listen to  
*calming*  
music
- 5

DO SOME  
*breathing*  
EXERCISES
- 6

*talk*  
TO A  
FRIEND
- 7

do some  
*baking*
- 8

  
TEAR  
*up paper*
- 9

WATCH  
*funny*  
VIDEOS  
ONLINE
- 10

MAKE A  
*mess*  
THEN TIDY IT
- 11

START A  
*journal*
- 12

*squeeze*  
A STRESS  
BALL
- 13

READ A  
*book*
- 14

  
*listen to*  
LOUD  
*music*
- 15

  
express your  
feelings with  
*paint*
- 16

  
GO FOR A  
*walk*  

- 17

  
LEARN  
A NEW  
 *skill*
- 18

WATCH A  
FILM THAT  
*inspires*  
YOU
- 19

*jump*  
UP  
AND  
DOWN
- 20

do something  
*nice*   
for someone else