



# Self-Harm Alternatives for Teens

## I Need To Be Distracted

- Research something - go down a rabbit hole on the web about a time in history or something else you're really interested in.
- Watch one of your favorite comfort movies or TV shows with some snacks in a cozy spot.
- Cook or bake something that you've been wanting to try, or a favorite family recipe.
- Treat yourself to a spa night - do your nails, skincare, take a shower or a bath, etc.
- Do a deep clean or thorough organization of something in your room or space.
- Try out a new hobby or do an existing one that you know you already love.
- Make a wishlist of things that you want for your room, space, or future apartment/dorm.
- Read a new book or a beloved one.
- Get ahead on your homework, as far as you can, and take your time with it.
- Play one of your favorite games while watching a YouTube video.
- Go run an errand to get out of the house.

## I Need To Process A Feeling

- Have a one-sided pillow fight with your wall.
- Go outside and scream as loud as you can.
- Exercise vigorously - do jumping jacks, go for a run, and do it until you feel relief.
- Break sticks outside or throw rocks into water.
- Blow up balloons and pop them.
- Pop an entire sheet of bubble wrap.
- Sing along loudly to a favorite song.
- Focus on making a safe, comfortable, and soft place to let yourself cry.

## I Need To Feel Pain

- Take a piece of ice and rub it where you usually hurt yourself.
- Tweeze your eyebrows or legs - be careful not to pick the skin, only the hair.
- Wax your legs or your face.
- Clap your hands until it stings.
- Splash your face with ice-cold water.
- Eat spicy or sour candy/food.
- Put tiger balm where you usually harm.

**If none of these alternatives work, contact one of these numbers to seek support through this moment.**

**National Suicide Prevention Lifeline:** Call/Text 988

**Crisis Text Line:** Text 741-741

**YouthLine:** Call 877-968-8491 / Text 839863