

Distractions...

Reinforcing decision to not injure

Think about not wanting scars.

Think about not wanting to go to hospital.

Build on the 5 minute rule - not allowing yourself to self-injure for 5 minutes, then 10 then 20....

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.

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 wants 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.

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

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.

Self-injury mimicking

Use washable, non-toxic markers to 'cut' your skin
Snap your wrist with rubber bands
Squeeze ice cubes

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