

Harm Reduction Ideas

Distracting Techniques

- cleaning
- playing games – cards / board games / computer
- sports / exercise – walking / running / dance
- gardening / plants
- visiting or ringing a friend
- paint or draw pictures / posters / cards
- write letters
- puzzles
- watch TV / video
- listen to music
- cinema
- hobbies – sewing, knitting, collecting

Positive Emotional Techniques

- read old letters
- look through old photos
- listen to emotional music
- watch funny / heart warming films
- read joke book
- say positive statements to self
- read your list of assets or strengths

Emotional Focusing

- list emotional triggers
- write poetry / prose regarding feelings
- paint / draw emotions
- write a diary
- discuss feeling with another person
- rainy day letter

Comforting Techniques

- hold a safe object
- sit in a safe place
- listen to soothing music
- sing a favourite song
- use perfume / hand cream
- pick fresh flowers
- eat a favourite food
- have a soothing drink
- have a bubble bath
- soak your feet
- change the sheets on your bed
- stroke your pet

- wear comfortable clothes
- hug someone / your teddy
- put lights on (to sleep)
- prayer

Mindfulness Techniques

- guided visualisation
- focus solely on breathing / breath deeply
- count your breaths
- focus on the position of your body
- relax each muscle individually
- listen to relaxation music
- meditation
- yoga

Alternatives to self injury

- physical activity eg: running, punching bag
- relaxation eg: controlled breathing
- stamping on empty cans, throwing rocks into water
- carrying a safe object eg: teddy bear, rock, item of clothing
- squeeze ice cubes between fingers until they go numb
- yell, scream, sing loudly
- write about or draw the thoughts, feelings
- eat a chilli, or something really hot
- snap wrist with a rubber band
- visualisation of self-injury or alternatively a 'safe' space
- apply Vapour Rub or Deep Heat under nose
- talk to someone