ideas for avoiding self harm
by youthspace.ca

self harm can be a helpful harm reduction tool, but it can also be something one may choose to avoid doing (for many reasons)

we've compiled these ideas for things to try. try making your own list of things that've worked in the past, or ideas you're curious about!

to start: see if you can wait 5 minutes.

(even if it’s just sitting on your hands for 5 minutes while watching a soothing youtube video)

if you need crisis & emotional support around self harm, suicide, or other issues, chat with us on youthspace.ca or text at 778 783 0177
physical replacement:

- Smell or eat something strong (spicy hot sauce, ice cube, breath mint)
- Draw on yourself in red marker
- Rub ice on the skin where you usually harm
- Flick an elastic band on the area you normally harm

websites to check out for more ideas:
tips for coping with urges; coping strategies; alternatives to self harm; distractions that can help
distracting activities:

- Have a cold bath/shower
- Play a favourite video or phone game
- Rewatch a good episode of your favourite TV show
- Pick an area of your home and clean it
- Put on a good dance song and dance it out
- Walk around outside
- Make music...make a DIY drum kit!
- Message a friend & ask them about their day

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let it out:

- **Punch or scream** into pillows
- **Shake out** your arms/legs
- **Write down** every negative thought in your head on a piece of paper and then **rip it up** into teeny tiny pieces
- **Make something** showing how you’re feeling

websites to check out for more ideas:

- tips for coping with urges
- coping strategies
- alternatives to self harm
- distractions that can help