

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!

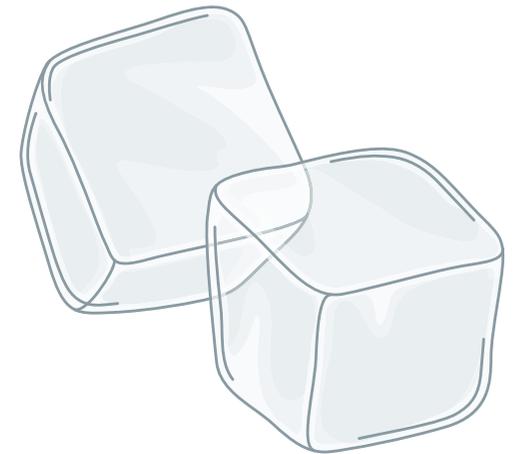
to start: see if you can wait 5 minutes.

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

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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



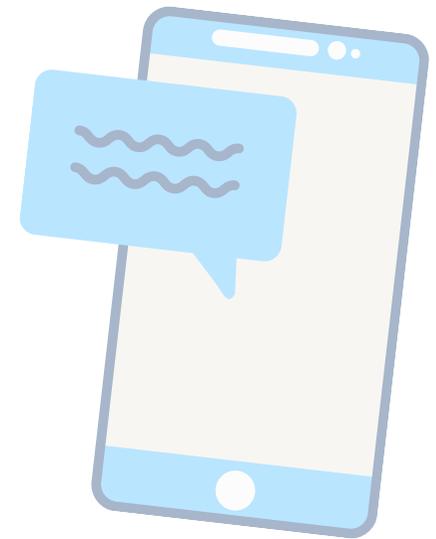
websites to check out for more ideas:

[tips for coping with urges](#); [coping strategies](#); [alternatives to self harm](#); [distractions that can help](#)

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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



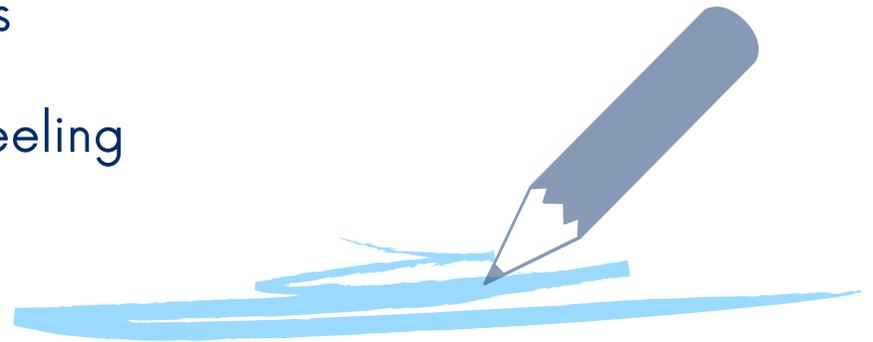
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let it out:

- **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



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