

Acute Training Solutions

Self Harm - Distraction techniques

What do you do in times of stress or crisis? What do you do when you want to hurt yourself?

The methods below may be helpful to take a break from hurting yourself. These techniques seem to be effective in reducing self-injury, at least temporarily.

Possible self-harm distraction techniques			
<ul style="list-style-type: none"> • Write a poem • Listen to soothing music • Talk with somebody close to you • Write a story • Pray • Call a friend • Snap your wrist with a rubber band • Sew • Take a nap • Leave the room or the house • Read a good book • Work in the garden • Do arts and crafts • Watch television • Cook a meal • Call a hotline, support group, or post on a message board 	<ul style="list-style-type: none"> • Scream at the top of your lungs • Use washable, non-toxic markers to “cut” your skin • Let yourself cry • Dance • Draw • Exercise or work out in some way • Get a massage • Hug someone • Help someone • Paint something • Play a musical instrument • Hold an ice cube • Write a letter to the person or problem that is upsetting you, but don't mail it • Run around the block 	<ul style="list-style-type: none"> • See a friend • Do some sculpting • Go shopping • Shout • Sing • Go skating • Take a bath • Have a sauna • Throw things (such as ice cubes or a pillow, NOT something like glass) • Vent about what you are upset about • Take a walk • Watch a movie • Go window shopping • Do yoga • Hit a punch bag • Clean a room • Have a cuddle • Go cycling 	<ul style="list-style-type: none"> • Diving • Go for a drive • Play a game or colour in a colouring book • Go swimming • Play the piano • Shred a phonebook or a newspaper into pieces • Write a song • Boxing • Make or work on a website • Take a long shower • Meditate • Plunge your hand into ice water

