

40 Alternative Ways to Cope

1. Use stress balls, play dough, silly putty, 'worry stone'
2. Use ice on the place of wanting to injure
3. Write loving messages with a marker on arm or place wanting to injure
4. Draw a butterfly on wrist symbol for being free from self-harm.
5. Use origami as a way to manage nervous hands
6. Use deep breathing exercises
7. Journal
8. Color
9. Draw
10. Write a letter to yourself explaining how you feel and what your need
11. Remind yourself that these feelings will pass
12. Call a friend to talk about your feelings or day
13. Go outside and throw rocks in the water, field, etc...
14. Listen to music that makes you happy and inspires you
15. Engage in an enjoyable hobby
16. Rip paper
17. Write a letter to someone you are upset with and destroy it
18. Go for a walk
19. Clean something
20. Smash soda cans
21. Instead of hurting yourself, use a picture to mark on the things you want to do to yourself then destroy the picture
22. Fight with a pillow use it to hit things or hit the pillow, scream into it
23. Tear up old clothes or material
24. Jump up and down or stomp around
25. Use a pet to calm you relax with them and talk to them
26. Watch a movie that makes you laugh or brings happiness
27. Drink warm tea, coco, coffee
28. Read a book
29. Hug a favorite stuffed animal
30. Take a soothing bath or shower
31. Suck on a piece of hard candy
32. Chew on something really strong in flavor, sour, spicy, mint
33. Smell something strong vapor rub, coffee beans, perfume
34. Work on a puzzle
35. Do stretches and make sure you are breathing through the tension
36. Put lotion on your body thoughtfully and kindly
37. Take something apart and put it back together
38. Turn to your higher power and pray, meditate, or engage in preferred spiritual tradition
39. Throw ice in the bathroom or outside to watch it break
40. Call a hotline

This document is NOT intended to replace professional help. This document should be used as a resource for someone struggling with self-injury and individuals in their support system.

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