

Self-Harm Distraction Kits

If you're feeling a need to control:

- write yourself lists
- tidy up/have a clear-out
- write down your feelings/rip it up
- clench then relax your muscles



If you feel numb or disconnected:

- hold ice cubes
- smell something with a strong scent
- hold a covered hot water bottle on your skin or in your hands
- have a very cold shower or bath

If you feel like punishing yourself:

- draw on your skin with red pen
- write a letter from the part of yourself that feels self-hatred, then write back with compassion and acceptance
- express yourself through a creative outlet (e.g. art or music)
- do some physical exercise (e.g. running)





If you're feeling sadness or fear:

- wrap yourself in a blanket
- spend time with a pet or loved one
- listen to soothing music or audio
- massage your hands
- lie in a comfortable position and take deep breaths

If you're feeling anger or frustration:

- shout or scream in a safe space
- shake (e.g. your hands, arms, or legs)
- hit soft items (e.g. a cushion or pillow)
- bite down on some bunched up material
- tear something up (e.g. a newspaper)
- go for a run or do another type of exercise that increases your heart rate



It's OK to not be OK; we all struggle with our feelings, and sometimes it feels difficult to cope. These distraction kits aim to help to provide relief in a way that works for you, while still keeping you safe.

If you are in need of some support, you can find help here:

