**IN THE MOMENT SUPPORT:**





**Self-harm: Text CONNECT to 741741 OR call 1-800-366-8288**

**Suicide: Text HELLO to 741741 OR call 1-800-273-8255**

**Call National Suicide Prevention Lifeline**1-800-273-8255

Call 1-800-DONT CUT

Call 1-800-THERAPIST

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**APPS:**

****

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Replacement behaviors… “Instead I will”**

**TECHY**

Download/get on a helpful app (some are listed above)

Listen to music (non-triggering)

Post on web boards or try answering other people's posts

Talk to yourself, and put it on tape. Record yourself on your phone and share your feelings

Watch a favorite TV show

Watch an old comedy movie

Work on a website or start a new one

What videos online about learning a different language or something that you’re interested in

Hunt for stuff on Amazon

Search for your perfect home online

Explore funny things/videos on the web

**ACTIVE**

Go for a nice long walk, jog, or drive. Breathe the fresh air

Exercise

Go out – To the park, go to see a movie, go get ice scream, or to your favorite fast food place

Have a pillow fight with a wall

Throw socks against the wall

Buy a punching bag (with gloves) Name it. Then, have a visit with “Bob” when you need to

Play with a pet

Take your own dog, or a friend's dog for a walk

Throw a temper tantrum

Ride a bicycle

Dance

Build a pillow fort

Re-arrange a room

Feed the ducks, birds, or squirrels

Put on boots and stomp

Stretch

Start a garden or water your house plants

**PHYSICAL**

Let yourself cry, even if it is hard

Snap a rubber band (hair band) on your wrist

Scribble on sheets of paper - Or tear the paper up

Put on fake tattoos

Eat something you can't resist

Cover yourself with band-aids where you want to cut

Sleep, only if you are tired

Re-organize your closet. Pick out new outfits! Or shop online (even if you don’t buy anything)

Change clothes…Put on the outfit that makes you feel best about yourself

Color your hair

Bake cookies or another favorite food you like

Make hot chocolate or herbal tea. Watch the steam & drink it slowly

Chew gum

Pop bubble wrap

Play with play dough

Scream as loud as you want

Blow up a balloon and pop it

Alphabetize your books and magazines

Color co-ordinate your wardrobe

Give yourself a pedicure

Complete something you have been putting off

Go through all your old stuff, and donate to Good Will

Get yourself some toys and play like you are 5 years old again…Remember the “simpler times”

Start to collect something- Look around your house to start.

**SETTLING**

Count to 100

Take a hot bath and "be" in the moment

Get into your PJ's and just veg

Write about how you feel

Look up at the sky, and find the moon. Study it. Count the stars.

Do your school work

Write a letter to someone, even if you never send it

Read a good book

Watch a candle burn, but no playing with flames or hot wax. Blow it out when you leave the room

Meditate. Track your breathing

Get a piece of chocolate or mint, close your eyes, and focus on letting it slowly melt in your mouth

Hug a pillow

Hyper-focus on something

Go to a public place and people watch

Plan your dream vacation or wedding

Count ceiling tiles or lights

Make your own list of things to do instead of self-harm.

**SOCIAL**

Be with other people - Go to a friend's house and open up

Call a friend/family member and ask them to come hang out

Call your therapist or make an appointment with one

Talk to someone close to you that you trust

Find someone else you can help.  (Do volunteer work)

Plan a dinner party with menus and guest list, then carry it out

Smile to at least 5 people

Go out and perform one act of kindness

Call up an old friend and catch up

Go somewhere very public

Give someone a hug

**MUSICAL/ARTISTIC**

Play a musical instrument or sing

Draw on yourself with washable marker- Then take a shower and wash away your pain

Fold paper and invent a new origami shape

Sort all your photographs or print pictures and make a scrapbook

Memorize a song and sing it. Then, reflect on the message

Write yourself an "I love myself because" letter and keep it.  Read it when you feel down

Look at pretty things-like flowers or art work

Make a list of things you’re grateful for in your life

Start a mood journal and write in it every day.  Do patterns surface?  Track your triggers

Think about your ideal life. What do you have to do to get there? Write it down or draw it

Make a playlist of your favorite songs

Play with face paint

Paint or draw

Try to make as many words as possible out of your full name

**Another idea:** Read through this list again!

 

 