

Some helpful Alternative Techniques

1. **using a RED PEN** - to mark where you might usually cut
2. **Hitting a PUNCH BAG, PILLOWS or CUSHIONS** - to vent anger and frustration
3. **SCREAMING into a PILLOW OR CUSHION or even out of A CAR WINDOW or whilst you are RUNNING/WALKING if no-one is around**
4. **Rubbing ICE** across your skin where you might usually cut, or holding an ice-cube in the crook of your arm or leg – the melting ice represents the trickle of blood
5. **getting outdoors and having a FAST WALK, JOG or RUN**
6. **EXERCISING** – is a really good way of changing your mood and releasing adrenaline
7. **making LOTS OF NOISE, either with a musical instrument or just banging on pots and pans**
8. **WRITING** feelings on a piece of paper and then ripping it up, hiding them, burning them (safely)
9. **keeping a JOURNAL/DIARY** – to help you see patterns and triggers of self harming
10. **SCRIBBLING** on a large piece of paper with a red crayon or pen
11. **putting ELASTIC BANDS on wrists or ankles and snapping them instead of cutting or hitting**
12. **TALKING** to a friend (not necessarily about self-harm)/**NOT BEING ON YOUR OWN**
13. **collage or artwork** – doing **SOMETHING CREATIVE** with things that make you feel safe and happy
14. **Turning the pain into LYRICS** – song / poetry / short story etc
15. **getting online and looking at SAFE SELF-HELP websites**
16. **Talk to someone at THE LOWDOWN** – helpline number is 01604 622223
17. **Burst some BUBBLE WRAP** – it's fun and can help release stress
18. **Make up a MEMORY BOX** – of things that make you smile and feel happy, so that you can look through it when you feel low
19. **Check out THE BUTTERFLY PROJECT** – butterfly-project.tumblr.com

Below is an extract from the butterfly-project.tumblr.com

THE RULES:

1. When you feel like you want to cut, take a marker or pen and draw a butterfly wherever the self-harm occurs.
2. Name the butterfly after a loved one, or someone that really wants you to get better.
3. NO scrubbing the butterfly off.
4. Another person may draw them on you. These butterflies are extra special. Take good care of them.
5. If you cut before the butterfly is gone, it dies. If you don't cut, it lives.
6. Even if you don't cut, feel free to draw a butterfly anyways, to show your support.

