

Self Harming Reduction Ideas



Are you sure you
can't wait
a little longer?



Self Harming Reduction Ideas



**Make sure you
have your first aid
kit ready**



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**Go and squeeze
some ICE.**

**Pour some red
food colouring
down your arm.**



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Draw on your
arm with a
marker pen.

Can I go for a
walk
somewhere?



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Is there someone
I can talk to.... A
friend?

Play a game on
my phone.



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Have I tried to
kick and punch a
cushion?

Have I used
elastic bands?



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Have I set my
phone for 5
minutes....delay!

Why not treat
yourself to a
face mask!



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Have a look
through your
photos again!

Read through
your letters
again!



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Have I thought about
ringing childline to chat to
someone?

0800 1111

Have I looked
at
STEM4 App



Self Harming Reduction Ideas

www.stem4.org.uk

Why don't I
paint my nails
and toes?



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Listen to some of
my favourite
music really loud!

Take a deep
breath.....
And breathe out
slowly.....



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My Happy Box

