

Holding Ice **Alternatives to Self Harm**



Karen Goldsum

Howdy, my name is Karen Goldsum
and I am a counselor.

If you would like additional support
around self-harm or any other mental
health needs check out my website:



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When you are feeling angry



Bang pots and pans 🍴 Scribble on photos of people in magazines 🖋 Scribble on a piece of paper until the whole paper is black 🖋 Have a pillow fight with the wall 🛏 Scream into a pillow 🗣 Tear apart newspapers or magazines 🗑 Draw a picture of what is making you angry 🖍 Pop bubble wrap, Pop balloons 🎈 Write your feelings on a piece of paper then rip it up 🗑 Throw ice cubes at the bathtub/shower wall or at a tree 🌳 Flatten pop cans or crush plastic bottles, see how fast you can do it 🗑 Break Sticks or old dishes (safety goggles might help) 🛠 Make a soft cloth doll to represent the things you are angry at. Cut and tear it instead of yourself. 🍌 smash fruit with a bat or hammer 🗡 throw darts 🎯 scream into a pillow 🗣 slap doors (they are bastards anyway) 🚪 yell/sing at the top of your lungs 🗣 Rip apart an old telephone book (if you can find one...) 📖 Slap a tabletop hard 🖐 stomp your feet on the ground 🦶

When you are feeling guilty, sad or lonely



Instead of punishing yourself by self-harming, punish yourself by not self-harming 🙅 Remember a happy moment and relive it in your head for while 🧠 Try to imagine the future and things you want to do 🗓 If you are religious, read the bible or pray 🙏 Allow yourself to cry, crying is a healthy release of emotion 🗣 Write down negative/unhelpful thoughts and rewrite them as positive/helpful thoughts 📝

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When you are feeling panicky or scared:



See, hear and feel - 5 things, then 4 things, then 3 things, and countdown to which one makes you focused on your surroundings and calmed down 🦋 Listen to soothing music 🦋 Focus on your breathing 🦋 Hug a pillow or stuffed animal or Hug a person 🦋 Go for a walk outside, if it safe to do so 🦋 Feel your pulse to prove you are alive 🦋 Put a finger into a frozen food (like ice cream)

When you want the illusion of seeing something similar to blood



Draw on yourself with red pen or body paint 🦋 Give yourself henna or a fake tattoo 🦋 Make "wounds" with makeup, like lipstick 🦋 Make "wounds" with nail polish (feels cold and is hard to get off) 🦋 Take red liquid food coloring and warm it by dropping the bottle into a cup of hot water for a few minutes. Remove the bottle from the hot water and remove the cap. Press the tip at the place you would want to cut and squeeze the food coloring slightly to let the food coloring trickle out. 🦋 Make ice in an ice tray. Drop 6-7 drops of red food coloring into each ice cube well. Once frozen into ice cubes, take ice out. Draw on the areas you want to cut.

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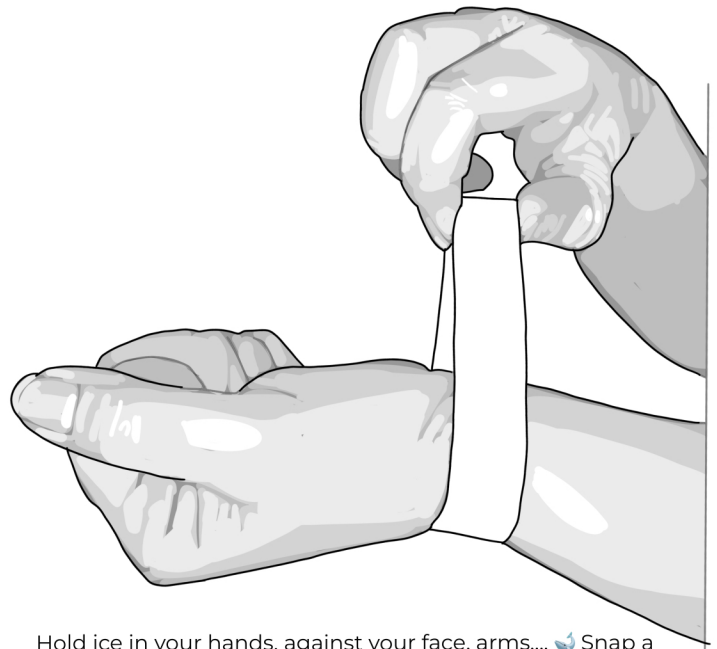
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When you need a distraction and need to take up time



Listen to music 🌟 Go on the internet (YouTube, TT) 🌟 Count by 12s or some other interval that is difficult to count by 🌟 Count ceiling tiles or lights 🌟 Watch TV or a movie 🌟 Paint your nails 🌟 Write out song lyrics 🌟 Memorize a poem or a new song 🌟 Make a paper chain link to count the hours or days that you have been self-harm free 🌟 Pay attention to your breathing 🌟 Re-organize your room/closet 🌟 Take a shower or bath

When you want a sensation without harming yourself



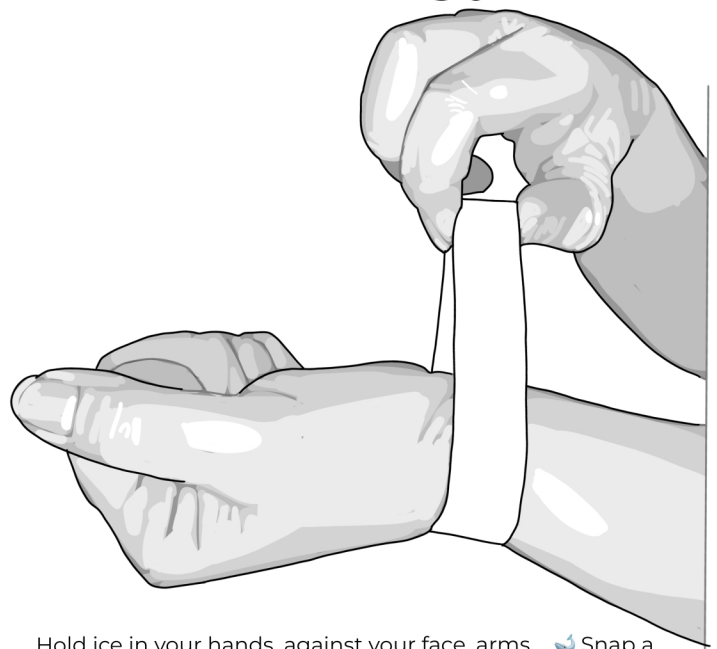
Hold ice in your hands, against your face, arms.... 🌊 Snap a hair tie against your wrist 🌊 Clap your hands together until it stings 🌊 Put Elmer's glue on your hands, let dry, then peel it off 🌊 Write/draw on yourself 🌊 Bite/chew something spicy or sour (hot peppers, hard candies, lemons) 🌊 Beat up a pillow 🌊 Take a cold shower 🌊 Jump in a pool 🌊 Blast Rage Against the Machine

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