

146 IDEAS TO DO BESIDES SELF-HARM.

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| <ol style="list-style-type: none">1. Exercise.2. Dance3. Meditate or do Yoga4. Go rock climbing.5. Take a cat nap!6. Take up Tai Chi.7. Walk your Dog8. Take up archery.9. Go for a run or a swim.10. Go rock climbing.11. Bake cookies!12. Make hot chocolate.13. Meditate or do Yoga.14. Plan a dinner party with menus and guest, then carry it out.15. Look up your favorite recipe and make it.16. Drink a cup of herbal tea.17. Chew gum.18. Eating something you can't resist.19. Order some spicy food!20. Go to the grocery store and buy yourself some flowers.21. Put on fake tattoos.22. Draw on yourself with a washable red marker-then take a shower and wash away your pain.23. Scribble on sheets of paper.24. Write poetry.25. Cuddle with a stuffed toy.26. Be with other people.27. Watch a favorite TV show.28. Post on web boards or try answering other people's posts.29. Think about how "I DON'T WANT | <ol style="list-style-type: none">32. Do your schoolwork.33. Write a letter to someone but never send it.34. Call a friend and ask them to come to hang out.35. Chat with a friend.36. Make your own list of things to do instead of S.I37. Snap a rubber band (hairband) on your wrist.38. Learn about stocks or investing.40. Color with crayons.41. Memorize a song and sing it. Then, reflect on its message.42. Put on boots and stomp.43. Stretch.44. Find a butterfly and take a picture.45. Watch fish.46. Come up with baby names even if you aren't expecting them.47. Go to a public place and people watch.48. Make a video or a short movie.49. Name all of your stuffed animals.50. Go shopping.51. Get into your PJ's and just veg.52. Buy cheap teddy bears and take your anger out on them53. Throw everything on the ground except glass.54. Go to a loud concert (Make sure it doesn't trigger you).55. Think about your ideal life. What do you have to do to get there?56. Plan your someday wedding day or | <ol style="list-style-type: none">59. Hunt for your perfect home in the paper or online.60. Try to make as many words as possible out of your full name.61. Go shopping.62. Get into your PJ's and just veg.63. Buy cheap teddy bears and take your anger out on them64. Throw everything on the ground except glass.65. Go to a loud concert (Make sure it doesn't trigger you).66. Think about your ideal life. What do you have to do to get there?67. Plan your someday wedding day or upcoming prom.68. Hunt for stuff on eBay or Amazon69. Alphabetize your books and magazines.70. Hunt for your perfect home in the paper or online.71. Try to make as many words as possible out of your full name.72. Meditate. Track your breathing.73. Call up an old friend and catch up.74. Work on a website or start a new one.75. Give your dog a spa!76. Chew gum.77. Buy a henna tattoo kit.78. Paint or draw.79. Rip paper into tiny pieces.80. Hug Someone.81. Write letters or emails.82. Talk to yourself, and put it on tape.83. Hug a pillow. |
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84. Hyper-focus on something like a rock.
85. Finger-paint.
86. Scream as loud as you want.
87. Dance.!
88. Learn Origami
89. Pop bubble wrap.
90. Play with play dough.
91. Play a musical instrument.
92. Sing.
93. Look up at the sky, and find the moon. Study it.
94. Buy a punching bag (with gloves) Name it. Then, have a visit with "Bob" when you need to.
95. Cover yourself with band-aids where you want to cut.
96. Go to the zoo and rename the animals.
97. Let yourself cry, even if it is hard.
98. Take a cat nap!
99. Do the exact opposite of what you really want to do.
100. Play with a pet.
101. Smile to at least 5 people.
102. Re-organize and label your linen closet.
103. Go out and perform one act of kindness.
104. Have a pillow fight with a wall.
105. Knit a scarf.
106. Read a book.
107. Dress up very glamorous, with makeup to match.
108. Color your hair.

111. Try to make as many words as possible out of your full name.
112. Count ceiling tiles or lights.
113. Go to the grocery store and buy yourself some flowers.
114. Search for ridiculous things on the web.
115. Google yourself.
116. Color coordinate your wardrobe.
117. Do a home tan on yourself.
118. Take a hot bath and "be" in the moment.
119. Sort all your photographs.
120. Give yourself a pedicure.
121. Color or scribble over pretty women in magazines.
122. Plan a dinner party with menus and a guest list, then carry it out.
123. Go through all your old stuff, and donate to Good Will.
124. Take a walk in the woods and breathe the fresh air.
125. Start a mood journal and write in it every day. Do patterns surface? Track your triggers.
126. Buy yourself some toys and play like you are 5 years old again!
127. Start to collect something.
128. Watch an old comedy movie.
129. Call your therapist or make an appointment with one.
130. Talk to someone close to you that you trust.
131. Throw a temper tantrum.
132. Ride a bicycle.

135. Re-arrange a room.
136. Feed the ducks, birds, or squirrels.
137. Draw on the walls-or paint with watercolors if you don't want permanence.
138. Play with face paint.
139. Play jacks or pick up sticks.
140. Go through all your old stuff, and donate to Good Will.
141. Take a walk in the woods and breathe the fresh air.
142. Start a mood journal and write in it every day. Do patterns surface? Track your triggers.
143. Buy yourself some toys and play like you are 5 years old again!
144. Start to collect something.
145. Memorize 5 jokes!
146. Read a magazine or newspaper.

[Most Important](#)

Call 1-800-DONT-CUT

Call 1-800-THERAPIST

Read through this list again.

