



## **Student Self-Harm Coping Strategies\***

### **Next Time I Feel Like Hurting Myself, I will...**

#### **DISTRACT MYSELF - TO GIVE MYSELF TIME TO THINK**

- Snap a rubber band or hair tie on my arm
- Eat something spicy or sour
- Put liquid glue on myself & peel/rub/scratch off when dry
- Reach out to a friend
- Clean something
- Take a cold shower
- Do something to help someone else out
- Watch YouTube
- Learn Lyrics to a new song

#### **RELEASE ENERGY/TENSION - WHEN I AM ANGRY OR UPSET**

- Exercise (anything that makes your heart rate for 10-15 minutes)
- Tear up a piece of paper, old newspaper, or cardboard
- Make something out of clay or playdoh and then smash it
- Throw ice at a wall or bathtub and watch it shatter
- Bang pots and pans together
- Make a lot of noise
- Cry for as long as you need to
- Snap some twigs/sticks or pencils
- Kick a football/soccer ball/any ball
- Scream into a pillow

#### **SLOW AND SOOTHING – WHEN SAD OR DEPRESSED**

- Take a hot bath with good smelling soaps
- Curl under a blanket with some hot chocolate
- Hug a loved one or stuffed animal for at least 10 seconds
- Make a list of things that you're grateful for
- Make some of your favorite treats
- Call a friend and talk about things you enjoy
- Search inspiring quotes online
- Watch TV or read a book
- Organize something
- Write an alternative ending to your favorite movie



**Willamette**  
EDUCATION SERVICE DISTRICT

## Student Resources

### Hotlines:

- Self-Injury Hotline 1-800-DONTCUT (366-8288)
- Oregon YouthLine 1-877-968-8491; text “teen2teen” to 839863
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Trevor Project (LGBTQ+) 1-866-488-7386

### Helpful Apps:

- Calm Harm
- Breathe2relax
- Fluidity

**TIPP:** Dialectical Behavior Therapy (DBT) Distress Tolerance Skills for Managing Extreme Emotions

1. **Temperature**
  - a. Hold your breath and put your face in a bowl of cold water (30 seconds)
  - b. Splash cold water on your face
  - c. Hold a cold pack or bag of ice on eyes and cheeks (30 seconds)
2. **Intense Exercise**
  - a. Increase your heart rate by running, walking fast, jumping jacks, dancing, or jump rope
  - b. Engage in exercise for 10-15 minutes
3. **Paced Breathing**
  - a. Breathe deeply from the belly
  - b. Breathe out more than you breathe in (4 seconds in, 6 seconds out)
4. **Progressive Muscle Relaxation**
  - a. Tense and relax each muscle group from your head to your toes
  - b. Tense for 5 seconds and then let go