

# Surfing The Wave

The emotions and urges that lead to self-harm often feel like a wave that increases in intensity before it decreases and disappears altogether. Empower yourself by identifying coping strategies that replace self-harming behaviors. As you discover things that work for you, add your own.

## Shock Your System:

- eat spicy food
- put hands in cold water
- snap wrist with a rubberband
- suck on a lemon
- squeeze an ice cube

## Make A Mark:

- put stickers where you want to injure
- draw on yourself with red felt-tip pen
- scribble

## Get Active:

- walk
- run
- exercise
- dance

## Distract Yourself:

- do a creative activity
- draw pictures on yourself
- clean
- watch a movie
- read

## Change Your Surroundings:

- be around people
- don't isolate
- go to a store or coffee shop

## Let Out Your Feelings:

- cry
- punch a pillow
- rip up paper
- yell
- bang things together

## Ground Yourself:

- hold a worry stone
- squeeze a stress ball
- try aromatherapy

## Journal:

- your feelings
- your triggers
- your urges
- the times you didn't give in
- how you resisted

## Calm Yourself:

- relaxation techniques
- deep breathing
- practice mindfulness
- hug/hold comfort objects

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