

THINGS TO DO BESIDES SELF HARM

*Ideas taken from 'The Butterfly Project' website

Exercise.	Put on fake tattoos.	Draw on yourself with washable red marker-then take a shower and wash away your pain.
Scribble on sheets of paper.	Write poetry.	Cuddle with a stuffed toy.
Be with other people.	Watch a favourite TV show.	Think about how "I DON'T WANT SCARS FOR SUMMER!!!"
Paint your nails a new colour.	Go out to see a movie.	Eating something you cannot resist.
Do your schoolwork.	Write a letter to someone but never send it.	Call a friend and ask them to come hang out.
Play a musical instrument.	Sing.	Look up at the sky and find the moon. Study it.
Make your own list of things to do instead of self-harm	Buy a punching bag (with gloves) Name it. Then, have a visit with Bob when you need to.	Snap a rubber band (hair band) on your wrist.
Cover yourself with band-aids where you want to cut.	Go to the zoo and rename the animals.	Let yourself cry, even if it is hard.
Sleep, only if you are tired.	Do the exact opposite of what you really want to do.	Play with a pet.
Smile to at least 5 people.	Re-organize and label your closet.	Go out and perform one act of kindness.
Have a pillow fight with a wall.	Knit a scarf.	Read a good book.
Dress up very glamorous, with makeup to match.	Colour your hair.	Listen to music (non-triggering)
Watch a candle burn, but no playing with flames or hot wax. Blow it out when you leave the room.	Find someone else you can help. Do volunteer work.	Meditate. Track your breathing.
Call up an old friend and catch up.	Work on a website or start a new one.	Have a vivid fantasy love affair with a celebrity.
Go somewhere very public.	Bake cookies or another favourite food you like.	Chew gum.
Buy a henna tattoo kit.	Paint or draw.	Rip paper into really small pieces.
Give someone a Hug.	Write a letter or emails.	Talk to yourself and put it on tape.
Hug a pillow.	Hyper-focus on something like a rock.	Finger-paint.
Scream as loud as you want (into a pillow if you need to).	Dance.	Make hot chocolate.
Pop bubble wrap/ Use a Pop-it	Play with play dough.	Count to 100.
Run through your times tables	Build a pillow fort.	Blow up a balloon and pop it.
Hug yourself.	Write yourself an "I love myself because" letter and keep it. Read it when you feel down.	Read things in a different language.
Go for a nice long drive, walk, or jog.	Complete something you have been putting off.	Drink a cup of herbal tea.
Fold paper and invent a new origami shape.	Write your memoirs.	Build something.
Go rock climbing.	Take up a new hobby you always dreamed of.	Cook a meal.
Go out for ice cream.	Buy a stuffed animal.	Look at pretty things-like flowers or artwork.
Create something.	Pray or read the Bible.	Throw socks against the wall.
Make a list of blessings in your life.	Go to a friend's house and open up.	Watch an old comedy movie.
Call your therapist or make an appointment with one.	Talk to someone close to you that you trust.	Throw a temper tantrum.
Ride a bicycle.	Polish silver or jewellery.	Start a garden or water your house plants.
Re-arrange a room.	Feed the ducks, birds, or squirrels.	Draw on the walls-or paint with watercolours if you don't want permanence.
Play with face paint.	Play jacks or pick up sticks.	Colour with crayons.

CHOICES THERAPY

Memorize a song and sing it. Then, reflect on its message.	Put on boots and stomp.	Stretch.
Watch fish (even if it's a video).	Come up with baby names even if you aren't expecting.	Go to a public place and people watch.
Make a playlist of your favourite songs.	Name your stuffed animals.	Go shopping.
Get into your PJ's and just veg.	Buy cheap teddy bears and take your anger out on them	Throw everything on the ground except glass.
Go to a loud concert (Make sure it doesn't trigger you)	Think about your ideal life. What do you have to do to get there?	Plan your someday wedding day or upcoming prom.
Hunt for stuff on Ebay or Amazon	Alphabetize your books and magazines.	Hunt for your perfect home in the paper or online.
Take up Tai Chi/Yoga/Pilates.	Try to make as many words as possible out of your full name.	Count ceiling tiles or lights.
Go to the grocery store and buy yourself some flowers.	Search for ridiculous things on the web.	Google yourself.
Colour co-ordinate your wardrobe.	Do a home tan on yourself.	Take a hot bath and "be" in the moment.
Sort all you photographs.	Give yourself a pedicure.	Colour or scribble over pretty people in magazines.
Plan a dinner party with menus and guest list, then carry it out.	Go through all your old stuff and donate to Good Will.	Take a walk in the woods and breathe the fresh air.
Start a mood journal and write in it every day. Do patterns surface? Track your triggers.	Buy yourself some toys and play like you are 5 years old again!	Start to collect something.
Take up kickboxing.	Read a magazine or newspaper.	Sew something.
Buy a stuffed animal.	Create a "Jar of Hope" and add to it when you're feeling down	Take your own dog, or a friend's dog for a walk.
Call 13 11 14 (Lifeline)	Call 1300 659 467 (Suicide Call back)	Call 1300 845 745 (Griefline)
Call 1300 22 4636 (Beyond Blue)	Call 1800 55 1800 (Kids Helpline)	Read through this list again.

PART ONE - DRAWING

Draw on the place(s) of self-harm: a butterfly, names of family/friends, lyrics, quotes etc.

If the butterfly fades without self-harming, it means that the butterfly lived and has flown away, giving you a sense of achievement.

Whereas if you do self-harm while the butterfly is still visible; you have to wash it off. If that does happen, you can start again by drawing a new one on.

PART TWO - THE RECOVERY BRACELET

Go to a craft store and buy supplies to make beads for bracelets and/or necklaces. Then, buy butterfly charms (or any charm form/symbol you like) to eventually use as a charm to be added to the bracelet/necklace.

This is how it works: First, make a bracelet or necklace out of the beads. For every week that you have not hurt yourself, you have saved the life of the butterfly. For every butterfly you save, you should add a butterfly charm to the beaded bracelet/necklace. That way, you can tell how many weeks you have stopped hurting yourself by how many butterflies that are on your beaded bracelet. {Each Butterfly=1 week of not cutting.}

You will always be reminded of your successes every time you glance at your wrist and see all the butterflies you have saved!

THE HAPPY BOX

Get a box with a lid and decorate it any way you want.

Put anything in the Happy Box that makes you feel happy and puts a smile on your face.

Examples: photos, names of your friends, concert tickets, movie stubs, names of songs, jewellery, a rose, a pressed leaf from a tree. You get the idea.

Open your Happy Box and pull out everything in it whenever you feel that you want to harm yourself. Do this mindfully.

Take out one thing at a time, look at it, touch it, sit with it as you reflect on its meaning and remember why you chose to put it in the Happy Box.

Let yourself take in the good memories you feel and the closeness you feel to the other people who were involved in making each item special to you!

Your ideas