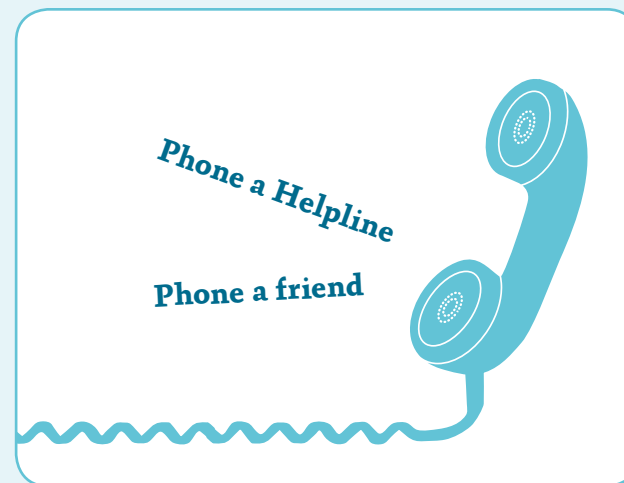
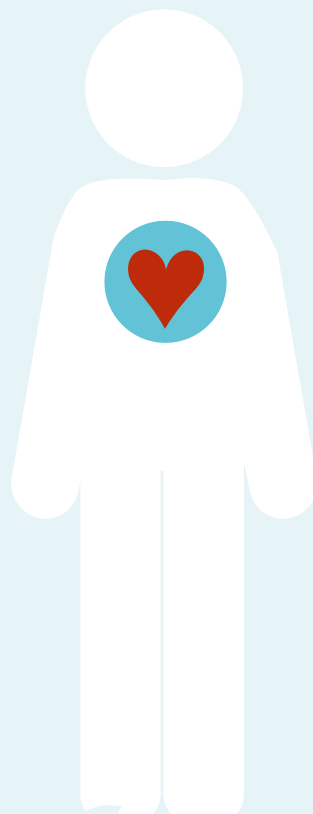


ALTERNATIVES TO

SELF HARM

Value yourself
Be good to yourself
Tell yourself good things



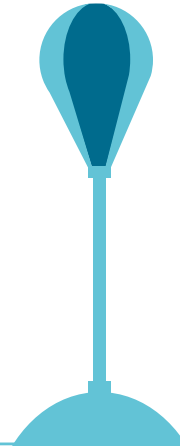
Listen to music.
Have a dance!



Go to the gym



Do something for some one else



Use a punch bag



Have a kick about



Go for a swim

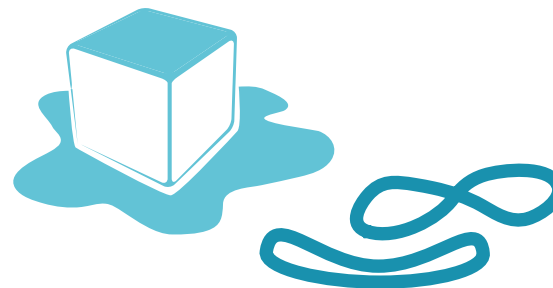


Think positive

- **Keep a diary**
- **Write down your thoughts**
- **Write a letter, a poem**
- **Think of what else you could do right now.**



Go for a walk



Use an ice cube or elastic band

Meet up with friends you can rely on

