The Mighty Condition Guide

Self-Harm Coping Skills

The Mighty surveyed 2,500 people with a history of self-harm. Below are the alternative coping skills they found most helpful to resist the urge to self-harm.

- Listen to or Make Music
- Cry
- Spend Time With Pet
- Journal or Write
- Contact a Loved One
- Watch TV or Movies
- Eat Comfort Food
- Go Outside
- Color or Draw
- Exercise
- Breathing Exercises
- Read a Book
- Clean
- Scream
- Snap a Rubberband
- Grounding Exercises
- Go for a Drive
- Craft Activity
- Visit a Friend
- Take a Soothing Bath
- Play Video or Computer Games

If you need support right now, call the National Suicide Prevention Lifeline at: 1-800-273-8255