

# 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



Read a Book



Cry



Clean



Spend Time With Pet



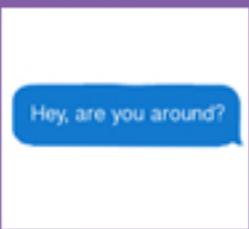
Scream



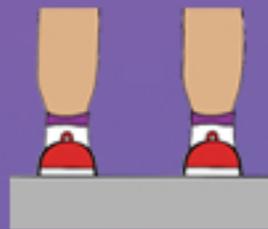
Journal or Write



Snap a Rubberband



Contact a Loved One



Grounding Exercises



Watch TV or Movies



Go for a Drive



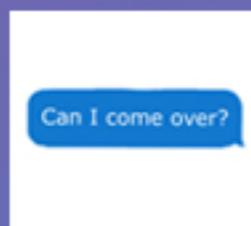
Eat Comfort Food



Craft Activity



Go Outside



Visit a Friend



Color or Draw



Take a Soothing Bath



Exercise



Play Video or Computer Games



Breathing Exercises

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