

Traveling for the Holidays with Dermatillomania



What to Pack

- A **nightlight** to use in the bathroom instead of the light on full strength
- Glitter **fall nail stickers** to be festive while managing picking urges
- Printed **Skin Picking Logs** from pickingme.org/skinpickinglogs to bring
- Washi tape** to cover triggering loose skin
- Band-aids or hydrocolloid patches** to heal wounds & pimples
- Sunglasses** to wear in the bathroom & deter getting stuck in the mirror

Resources to Offer in Different Learning Languages

- Save the link to our founders **Skin Picking story on Vice** in your notes to show a cousin
- Print resources from pickingme.org/managementtips to go through together with the fam
- Order a **#PickingMe** shirt from **ClozTalk** for a parent
- Forward our Skin Picking ft in **Vogue**
- Watch our **Dermatology Times** interview together
- Join our newsletter at pickingme.org/emailsignup & follow our hashtag **#PickingMe** for more Skin Picking stories



Transportation Tips

- Roll a **fidget ring** back & forth on the plane
- Grab an **orange to peel** during a train ride
- Tie **pipe cleaners** to your steering wheel to twirl on the drive home
- Try **clothing blockers** like a hat, leggings, turtleneck, or **#PickingMe** hoodie to deter wandering hands
- Pick **bird seeds out of putty** while listening to a podcast



Chew ice for focusing, busy behavior that shocks the system

To Remind When Discussing Dermatillomania with the Fam

- This is a chronic mental illness that is **not your fault or choice**
- At least **1/20 people worldwide** have this Body Focused Repetitive Behavior
- You want to stop but are not able to which is why this is a **diagnosable disorder**
- You are **more than your skin** & not defined by its appearance
- This condition **has no cure** so you are doing the best you can to manage
- There is a **genetic pre-disposition** & we likely have relatives who compulsively pick, pull or bite their skin

Suggestions for Your Loved-Ones to Support You

- Carry a **fidget** or hand me something when your fingers are scanning
- Don't say **"stop picking!"**, call my name or ask a question to interrupt me
- Spend time on Picking Me Foundation's website reviewing art, stories, tips, & more at pickingme.org
- Don't point out if my skin looks bad or good, **ask about my progress instead**
- Ask if I've joined Picking Me's **support group** yet
- Keep **bandages** on hand for me



Donate to the only nonprofit focused on Dermatillomania worldwide, the **Picking Me Foundation**

Do family finger activities!

- Puzzles
- Board games
- Origami
- Lego
- Card tricks
- Baking

