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 & d関et 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/emaillistsignup & 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

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

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

Do family finger activities!
Puzzles
Board games
Origami
Lego
Card tricks
Baking

VISIT pickingme.org
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