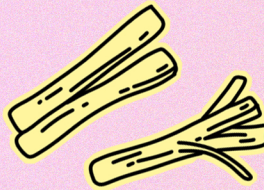


Snacks & Skin Picking Prevention

Whether your Body-Focused Repetitive Behavior has you picking, peeling, or biting skin, we have some nourishing swapping suggestions!



Snap sugar snap peas for an auditory component to your food fidget, focusing on the sharp way they crunch



Calmly peel string cheese before starting a project to slow down & unwind as you undo this snack



Dig your nails into an orange rind repeatedly, picking away little bit by little bit



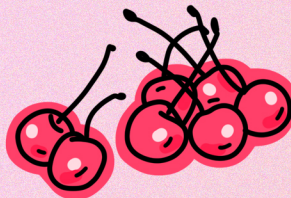
Nibble bulbs of micro greens & alfalfa sprouts with lips curled & teeth exposed to mimic lip picking without breaking skin



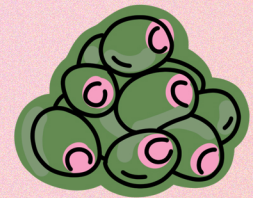
Crack pistachios to stimulate the fingertips, feel edges, pressure, & a release from when they pop open



Chew ice cubes to numb skin while blocking cheek biting



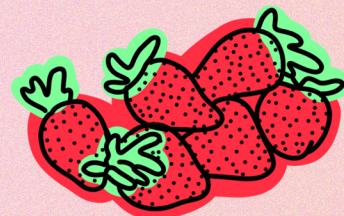
Work on tying a cherry stem in a knot while focusing on a workshop, class, or meeting



Nibble pitted olives instead of lips while you're reading



Keep the finger-to-mouth activity but divert nail biting damage by swapping in sunflower seeds to gnaw, gather, & spit



Pick out strawberry seeds from a strawberry as a sweet treat before bed to get that finger energy out