Back to School Tips with Skin Picking Disorder

School can be stressful and when you have Dermatillomania, your picking urges may increase. That’s why we’ve created a list of tips to combat those back to school blues and thrive this school year!

- Stash a nail file in your pencil pouch & shorten on the go
- Cover trigger areas with clothing like a cute turtle neck, socks or head band
- Stick Calm Strips on your laptop or desk for a satisfying sensory experience
- Wear a Fidget Ring during class for discreet fidgeting
- Put perfume on your wrists to help you become aware when your hands are on your face
- Add a pop it key chain to your lanyard
- Wear sunglasses in brightly lit bathrooms
- Share @pickingmefdn with your classmates
- Create a presentation on Skin Picking from our mgmt tips page: pickingme.org/managementtips
- Make a paper fortune teller on selflove to busy hands and boost self-esteem
- Join an after school mental health club or start a skin picking awareness group
- Wear a weighted hoodie while cramming for a test
- Take a test with chewelry -chewable jewelry- to chomp on
- Use mindfulness pens, pens with fidget toppers, fidget pens, or click/twirl a regular pen to help restless fingers
- Share our website with school nurse or counselor
- Book mark a page with a sensory piece of velvet ribbon to stroke
- Create a homework station that has dim lighting, no mirrors, extra fidget toys, and isn't isolated
- Work from the library instead of your dorm so you’re less likely to pick in public
- Tear off pieces of washi tape during a lecture
- Tie pipe cleaners on your back pack
- It’s okay to wear clothes that cover sores during gym class
- Be prepared for questions from classmates but know you only have to share as much as you want to
- Don’t hang a mirror in locker & instead hang a feelings wheel
- Pack a snack of sugar snap peas, pistachios, string cheese, sunflower seeds as edible alteriors to picking, biting, pulling

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