

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

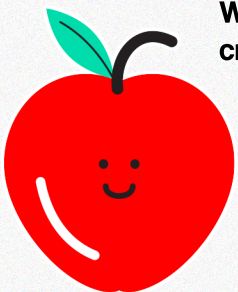
Create a presentation on Skin Picking from our mgmt tips page:
pickingme.org/managementtips

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 chewlery
-chewable jewelry- to chomp on



catboy alic owo @aliCPinkKid

me : omg I'm not late for school!!!

my dermatillomania : :)

me : oh no



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

