

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 that back to school blues and thrive this school year!

Bring a **Derma Resource Packet** to your teacher, school nurse or counselor. Order at pickingme.org/dermaresourcepackets

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



Keep a **Fiddle Pack** at your desk to keep your fingers busy & off your body. Grab yours at pickingme.org/shop

Wear **sunglasses** in brightly lit bathrooms

Share [@pickingmefdn](https://twitter.com/pickingmefdn) with your classmates

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

Fidget a **tangle** while you study



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

Ask your **doctor** for a note for gym class if your skin lesions are exposed and making you uncomfortable

Sleep with a **small weighted blanket** over your hands

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

Keep satisfying **Spike Toys** by your notebooks

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

