



EAR PICKING MANAGEMENT TIPS



Pop, scrunch & click fidgets with an auditory component to mimic the sound of inner ear picking

Keep a shower cap on top of your keyboard to slip on and over ears when you work

Try disposable ear shower caps that cover just the ears in triggering environments

Fit a foam ear plug snug in your ear to block fingers that “check” on it

Place a cozy, knit headband on your bed stand to cover ears before snoozing

Wear Ear Seeds as daily acupuncture for your inner ear for calm and focus while also alerting you to when your fingers touch the gems

Rock wireless in-ear headphones to deter inner-ear picking while jamming to your fav tunes

Prep for winter in Sprigs Bandless Ear Warmers to stay warm & block hands

Decorate and dangle jewelry from your ears to love, nurture, and express yourself amidst the skin picking

Cover your ears with a head scarf or head band to prevent picking while you're lounging around the house

Use jingly bracelets to alert you to when your hand is at your ear

Store ear muffs in the car to prevent wandering hands when you drive

Block out sound (and fingers) with ear covering, noise canceling headphones

Rock ear cuff jewelry from MAM or your fav store to stay stylish while preventing picking

Sport a Terry Cloth sports headband over the ears while reading/studying

Play soothing songbirds or nighttime narrators before dreamland with PeryTong Sleep Headphones

Join Picking Me's Online Skin Picking Support Group

Thicken nail tips with fake nails or acrylics to make ear picking harder

Wear sunglasses in the bathroom to limit vision of ear picked areas

Tighten a Picking Me hoodie over your head while watching a movie



dermatillomania is going to make me insane
why cant i stop picking the insides of my ears

