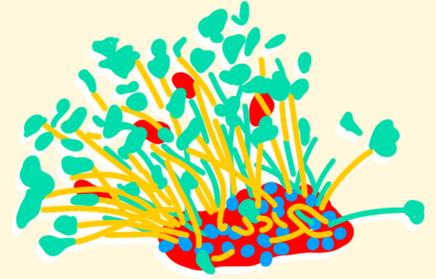


Lip Picking Tips

Lip Picking can be a form of Dermatillomania, where strugglers compulsively pick, peel or chew at their lip/mouth area. It is a BFRB classified in the DSM-5 under OCD related disorders. It can also be exacerbated by chapped lips, emotion regulation, and excess finger energy causing lip tissue damage, shame, and impedes quality of life. Check out some of our tips below!

☆ Keep your mouth busy by chewing on things like:

- Sunflower Seeds
- Alfalfa Sprouts/Microgreens
- Chewing Gum/Candy
- Chewable Jewelry ("Chewlery")



☆ Regularly apply lip balm
& leave multiple out in visible locations

→ We like RoseBud Salve

☆ Try an exfoliating lip scrub to remove dry, dead skin

→ We like E.L.F. Lip Exfoliator



☆ Spray perfume or scented oil on your wrists to alert you by smell when your hands are picking your lips

☆ Wear jingling bracelets to give you an auditory alert that your hands are near your face

☆ Put on a mouth guard while working, studying or whenever you pick most

☆ Wear bright lipstick as a barrier from getting it on your fingers

☆ Nibble around unpitted olives

☆ Suck an ice cube to numb lip sensations

