



# Managing Holiday Parties with Dermatillomania

## Makeup & Self Expression

- Decorate fingernails in holiday nail stickers that also make spotting scanning fingers easier
- Adorn your face with star gems over/around picked spots to challenge skin norms while shining
- Wear bright red lipstick even if it matches the color of picked face triggers
- Cover picked sores with Makeup Forever Full Coverage Concealer & secure with ELF or Ilia Finishing Powders
- Add tiny fidget spinner rings to your pointer finger & middle finger for a stylish way to fidget
- Clip on glistening tinsel hair extensions for holiday flair that covers picked scalp spots



## Attire

- Don shiny, sparkly tights to brighten your mood & protect leg sores
- Sport a tight, black turtleneck to be fashion forward & prevent hands from “checking” your chest
  - Wrap up in stylish, seasonal shawl to be covered & cute
- Wear jingly bracelets for the season & to help alert you to scanning fingers near your face
  - Rock festive headbands to get in the holiday spirit & block scalp picking/picked areas
  - Layer necklace-looking chewlery, or chewable jewelry, for a statement piece you can nibble instead of skin



## Host Gifts

- Send a Cloztalk gift card for #PickingMe hoodies, beanies and more at [cloztalk.com/collections/picking-me-foundation](https://cloztalk.com/collections/picking-me-foundation)
- Give The Book of Amazing People ft our founder Lauren @laurenmckeaney at on Amazon store
- Shop limited edition 2023 #PickingMe bracelets & ornaments by @itsbarabslally at [barbaralally.com/fundraising](https://barbaralally.com/fundraising)
- Browse our gift guide from our Amazon store at Amazon list, link in @pickingmefdn bio!



## Party Strategies

- Suck candy-canes to deter lip picking
- Put cinnamon or a unique essential oil on your wrists to alert when hands are near your face
- Stay arm’s length away from hallways & bathroom mirrors
- Leave bathroom door ajar if you are familiar with the host to prevent isolation
- Keep a small fidget in a pocket to use to get finger energy out
- Excuse yourself & take a breather when you need a reset



## Showing Up

- Being late because of a picking episode or fixing makeup is ok
- Leave your sweater on if long sleeves make you feel more comfortable
- Bare your shoulders in that new top if it feels good
- Use handing the host your Picking Me supporting gift as an opportunity to inform about Dermatillomania
- Pack extra bandaids/concealer
- Bring sunglasses to wear in the bathroom

## Discussion Phrases

- “1/20 people also have skin picking disorder at various levels of severity and it’s rarely talked about.”
- “Everyone’s picked something but for me it’s a chronic mental health disorder that I clinically can’t stop.”
- “I have picked skin because of my Dermatillomania which is compulsive self grooming known as a Body-Focused Repetitive Behavior, related to OCD.”
- “I appreciate your question about my skin & well being but I’m not that comfortable discussing my skin appearance or mental health right now.”
- “Thank you for asking, if you’d like to learn more about this disorder head to [pickingme.org](https://pickingme.org) or follow @pickingmefdn.”
- “Have you selected a nonprofit for your end-of-year giving? I suggest Picking Me Foundation!”

