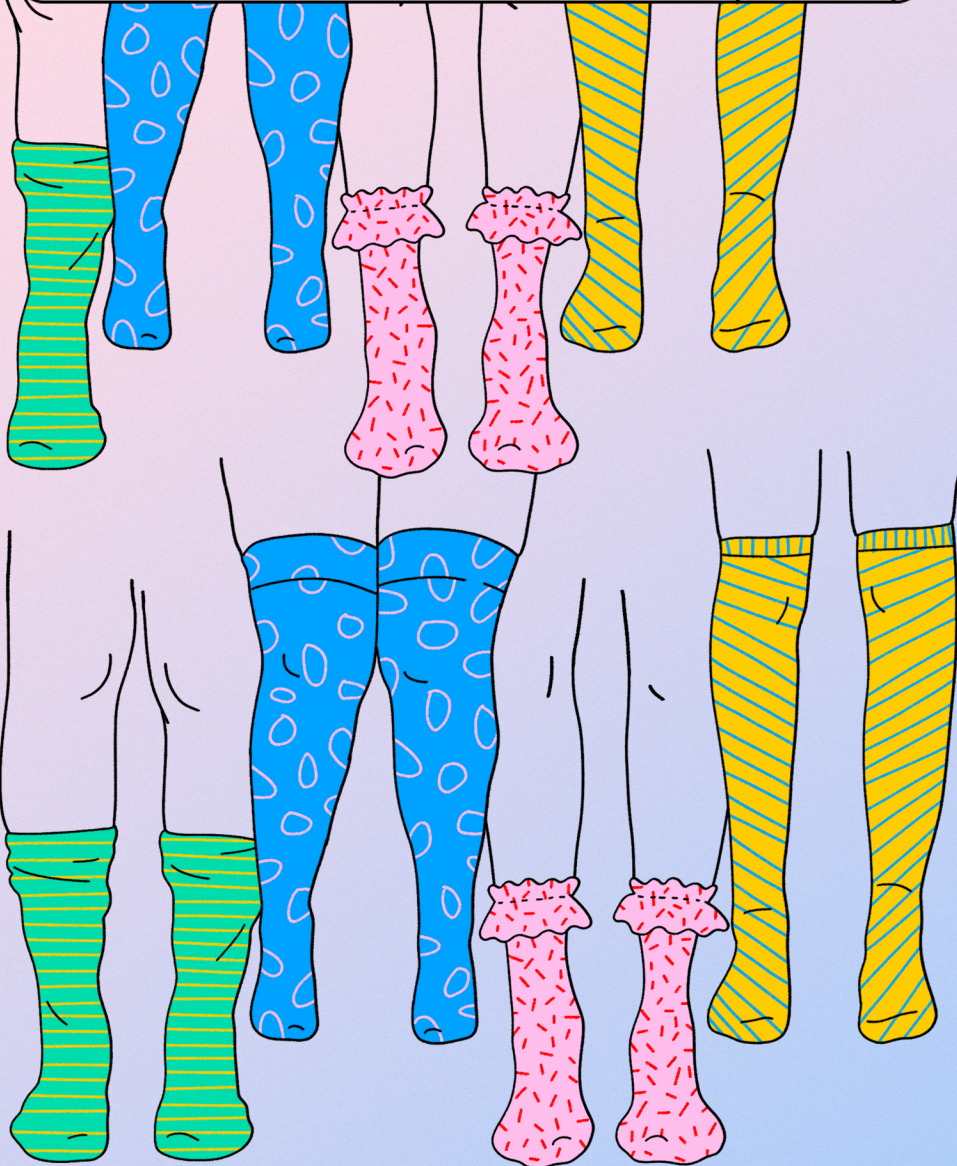


SOCKS

for Skin Picking **mgmt**



Wear cozy **knee or thigh highs** in bed to deter picking your legs while snoozing

Cut the bottoms off an **old pair of socks** to create stylish arm warmers that also act as a barrier from scanning your arms

Slide into **silicone gel socks** after applying lotion to help soothe rough, triggering heels and soles

Keep your fingers busy by **transforming a pair of socks** through embroidery, sewing on ruffles or bows or even by creating a homemade sock puppet

Rock **fuzzy textured socks** while you're on the couch. Smooth, twist and pull the fluff to keep your fingers from mindlessly wandering