Dealing with Anger

Stretch and relax your muscles.

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Dealing with Anger

Do some exercises.

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Dealing with Anger

Find an empty room and shout out loud!

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Dealing with Anger

Feel your pulse and breathe deeply and slowly.

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Dealing with Anger

Walk away from whatever is making you angry.

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Dealing with Anger

Count backwards from 20.

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Talk to a friend or adult about how you feel.

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Take a deep breath.

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Tell yourself to stop!

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Dealing with Anger

Take time to think.

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Dealing with Anger

Tell yourself you can manage this.

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Dealing with Anger

Say to yourself, “I can be calm.”

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