

Dealing with anger



Take time to think

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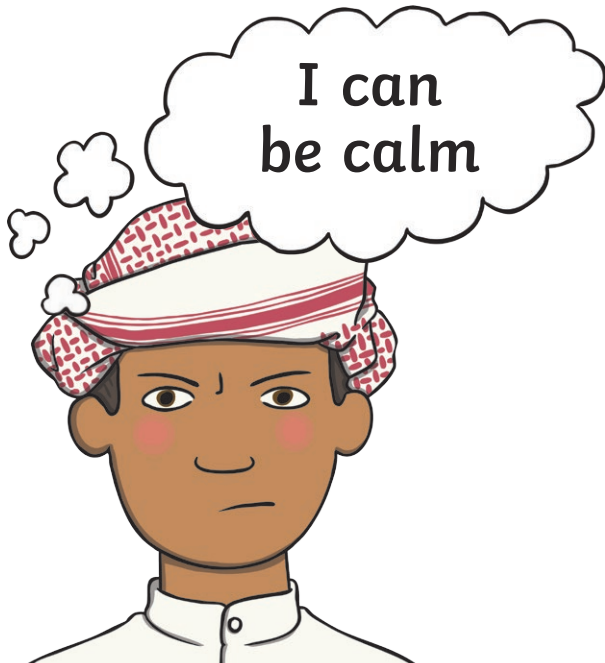
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Tell yourself to STOP!

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**Say to yourself
"I can be calm"**

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**Tell yourself you can
manage this**

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Walk away
from whatever
is making you
angry

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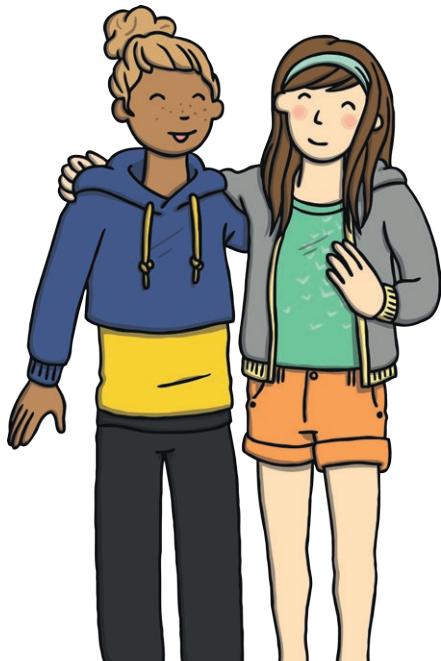


20,
19,
18,
17..

Count backwards from 20

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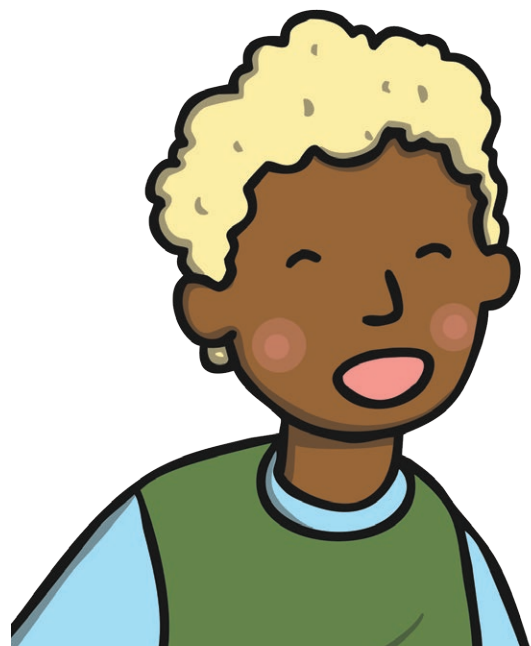
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Talk to a friend or adult
about how you feel

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Take a deep breath

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**Stretch and relax
your muscles**

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Do some exercises

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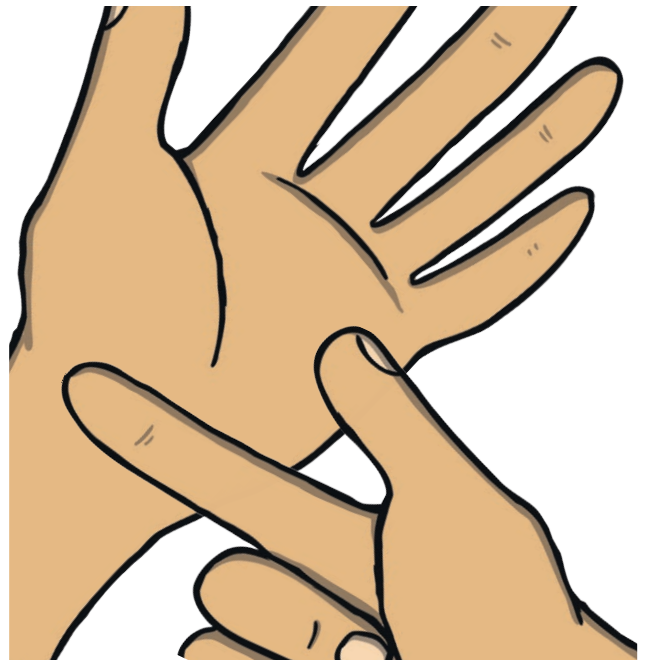


**Find a empty room and
shout out loud!**

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**Feel your pulse, and
breathe deeply and slowly**



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