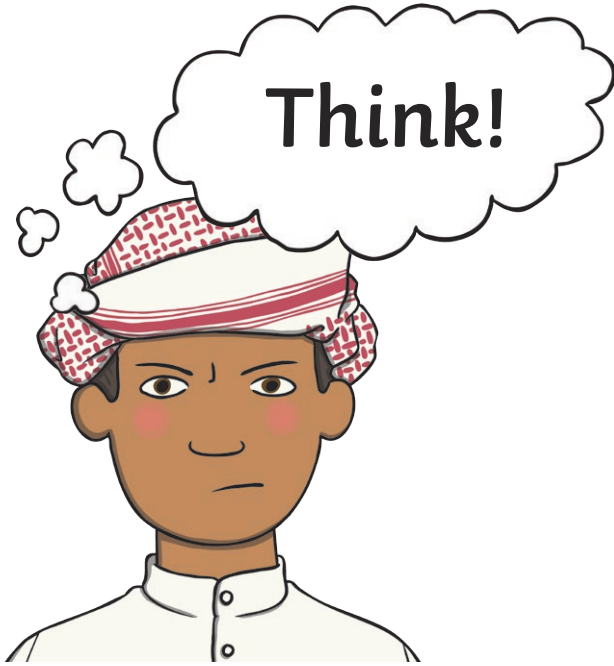


Dealing with anger



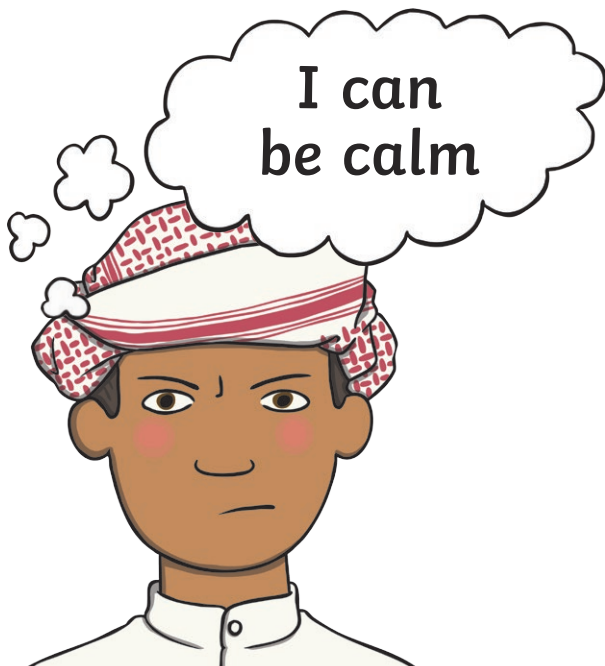
Take time to think

Dealing with anger



Tell yourself to STOP!

Dealing with anger



Say to yourself
"I can be calm"

Dealing with anger



Tell yourself you can
manage this

Dealing with anger



Walk away
from whatever
is making you
angry

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Dealing with anger

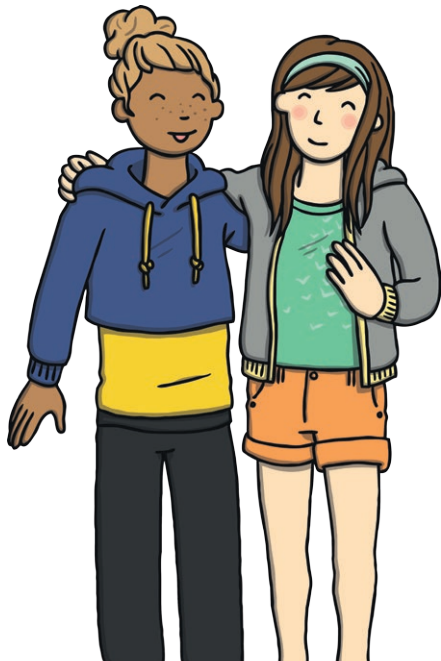


20,
19,
18,
17..

Count backwards from 20

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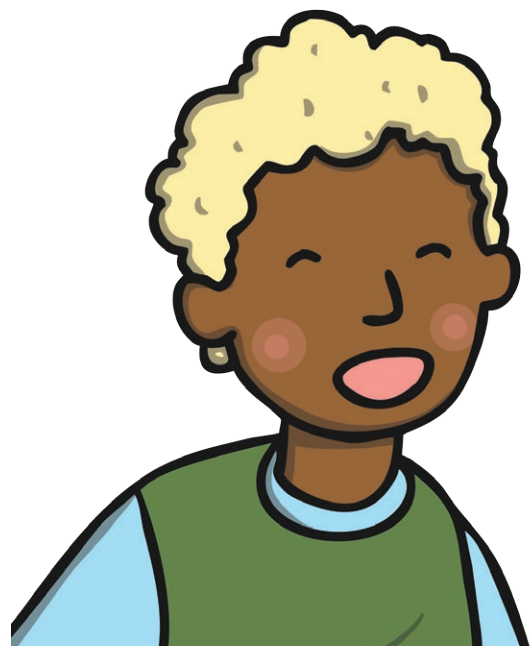
Dealing with anger



Talk to a friend or adult
about how you feel

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Dealing with anger



Take a deep breath

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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

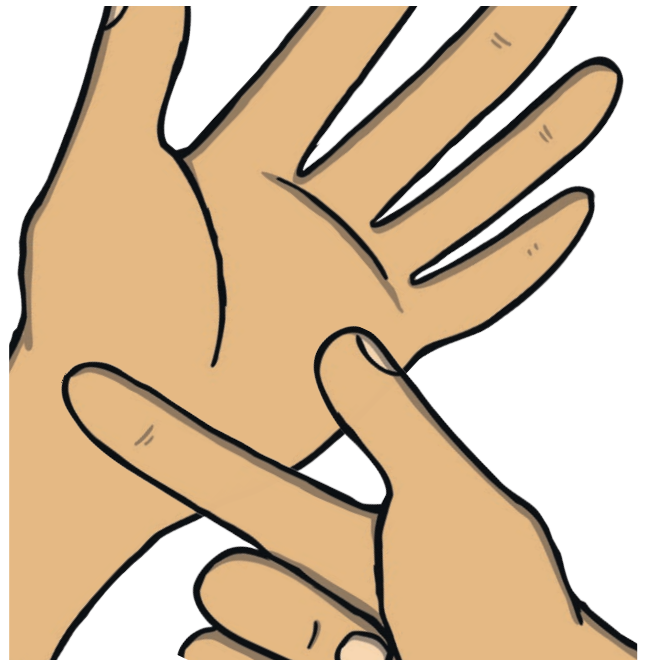


Find an empty room and
shout out loud!

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Dealing with anger

Feel your pulse, and
breathe deeply and slowly



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