

## BREATHE IN CALM BREATHE OUT ANGER



IMAGINE BREATHING IN A COOL, CALM BREEZE THROUGH YOUR NOSE. YOU CAN SMELL THE HINT OF A FRESH MEADOW OR THE OCEAN. AS YOU BREATHE IN, SPELL THE WORD C-A-L-M



AS YOU BREATHE OUT OF YOUR MOUTH SLOWLY, IMAGINE THE ANGRY THOUGHTS AND TIGHTNESS IN YOUR BODY FLOWING OUT. IMAGINE IT DISAPPEARING INTO THE AIR.

### TALK YOURSELF DOWN

The things you say to yourself matter. When upset, practice saying:

- I'M GETTING TOO UPSET. I CAN FIND A WAY TO CALM DOWN.
- I NEED A BREAK. I CAN FEEL MYSELF GETTING UPSET.
- I FEEL MY BODY CUES TELLING ME I NEED A BREAK.
- I CAN KEEP MY COOL.



*Too much anger can cause physical harm and weaken the immune system.*

### UNHEALTHY WAYS TO HANDLE ANGER:

- Criticize others.
- Use an angry tone of voice.
- Shout.
- Act irritable.
- Pretend there's nothing wrong.
- Storm out of the room.

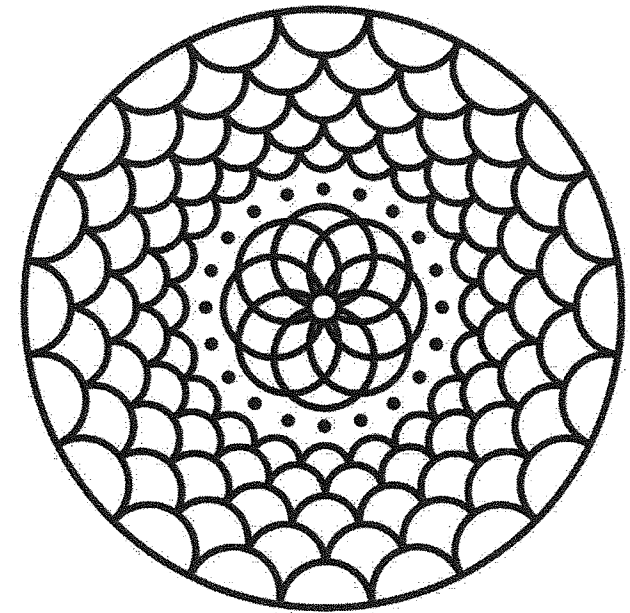
List specific examples of unhealthy ways of coping with anger.

### HEALTHY WAYS TO HANDLE ANGER:

- Try problem solving without putting blame on others.
- Take a calming break.
- Use positive self-talk.

List specific ways you can handle anger in the future.

# ANGER MANAGEMENT



*Know  
your  
triggers.*

## WHAT TRIGGERS ME?

### Examples of possible triggers:

- Being called a name, picked on
- Falsely accused
- Ignored, left out, feel invisible
- Someone gets too close to you.
- Jealousy, fear, not feeling in control

Describe something that caused you to become really angry in the past.

*What caused it?*

*What happened right before it?*

*Did you have a good day before that or did it start off with a bad morning?*

*Were you hungry or tired? (physical feelings)*

*Who else was around you?*

*Where were you?*

Do you see any patterns?

Start answering these questions in a journal when you have an anger outburst. Keep looking for patterns and work on those things.

### Examples of patterns:

- My little brother is usually with me when I get too angry.
- It only happens at home.
- It only happens when I'm hungry.
- It never happens when mom is home.

If I know my triggers I can:

- ✓ Be ready for them.
- ✓ Do things to stop them from happening.
- ✓ Understand them.
- ✓ Change my habits.

## I KNOW I'M ABOUT TO GET TOO ANGRY WHEN...

(catching triggers before you flip your lid)

## MY BODY FEELS LIKE

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## MY THOUGHTS WHEN I'M ANGRY:



STOP

When you are triggered, find something to make yourself stop before acting. There are many distractions you can try and find what works for you. You can cool down before you flip your lid.

**COUNT TO TEN**

**TAKE A WALK**

**USE A CALMING APP**

**GO GET A DRINK OF WATER**

**DO BREATHING EXERCISES**

**STRETCH EACH MUSCLE GROUP**

**BOUNCE A BALL**

**SQUEEZE A STRESS BALL**

**COLOR A ZEN DESIGN**

**TRACE A MAZE/LABYRINTH**

**WRITE IN A JOURNAL**

**MAKE A HOMEMADE STRESS BALL**

**LISTEN TO MUSIC**

OTHER WAYS I LIKE TO CALM DOWN: