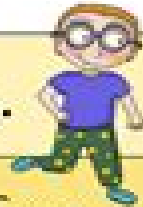


10 ^{healthy} WAYS to Deal With ANGER

by WholeHearted School Counseling

1. Walk away and cool down.



2. Take Steady Breaths and focus on exhaling slowly.



3. Count to 20 or more until you feel calmer.

1 2 3 4



4. Stretch or do yoga.



5. Use I-Statements & say how you feel, what you need & how you want to be treated.



6. Take a break and use a calming tool like a stress ball.



7. Exercise or play a sport.



8. Squeeze then relax your muscles.



9. Push against the wall or floor and then relax.



10. Scribble on paper or write about what's bugging you.



100 Things We Can Do About Anger And Violence

Betty Doty



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