

How to Manage Your Anger



**Identify triggers
and warning signs**



Talk to somebody



**Try breathing or
muscle relaxation**



Walk or exercise



**Step away from
the situation**



Reframe your thinking

Aggress Less How To Turn Anger And Aggression Into Positive Action

Jane McGregor, Tim McGregor



Aggress Less How To Turn Anger And Aggression Into Positive Action:

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