****

FEELING ANGRY?



How to stop your turning you into a

If your body sensations are telling you that you want to FIGHT, SHOUT at or INSULT someone… You can stay human by following these steps:

Remember that it’s NEVER OK to:

Hurt others

 Hurt yourself… or

 Smash / break things

DO any/all of these things:

BREATHE IN through nose for 4 HOLD for 2 OUT through mouth for 6

COUNT backwards from 20

WALK AWAY for time & space to calm down

 SELF-TALK: “I am OK. I can handle this!”

 LET OUT your anger energy safely (bean bag, punch bag, ripping/thwacking paper, sport …)

 … and when possible

LATER: TELL someone safe WHAT made you angry

WORK OUT what you can SAY or DO differently next time you are in this situation.