

MY COPING SKILLS

anger



1.

Can you identify your anger cues (e.g., does your heart speed up, do you begin to feel hot, do you clench your jaw or fists)?

2.

Can you identify the source of your anger (e.g., a person or situation)?

3.

If you are in a situation where it's appropriate to take a break, do this:

- Take a minute to step away and cool down.
- Take a few deep breaths or count to 100.
- Take a walk before returning to the situation.

4.

If you are in a situation where you can't walk away, try taking a mental break by doing the following:

- Take a few deep, controlled breaths.
- Visualize a calming image (e.g., waves crashing on the beach, wind blowing through the trees, a happy memory).
- Count backwards from 100, recite the alphabet.

5.

Once you calm down, write down what you can do to work through the situation appropriately.

*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

YOUR Life YOUR Voice

www.yourlifeyourvoice.org