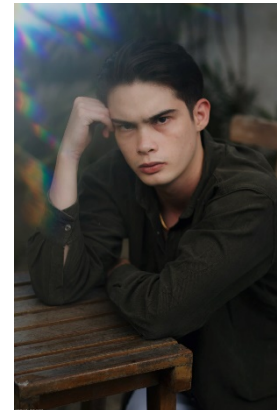


What can I do when I'm feeling angry?

Anger is a feeling that everyone feels. Feeling anger is normal, but the way we deal with anger isn't always the best. Things can get broken, and people can get hurt.

That being said, we can't just stop getting angry. So here are some quick tips to help you when you're feeling angry in the moment.



A) Deep breathing is discrete and easy to use.

- Stop what you are doing.
- Take a deep breath.
- Hold it for a few seconds and then exhale slowly.

B) Take a time out. Leave the situation so you can cool down. "I need a moment please."

C) Use diversions. Set the problem aside for a bit and distract yourself with a healthy activity. This will give you time to think and calm down.



D) Exercise.

E) Find support –call a friend. "Dillon, I just really need to vent to you right now."

F) Journaling.

If you are interested in more positive coping skills, give us a call at Family Service Saskatoon at 306-244-0127.

Tootles!