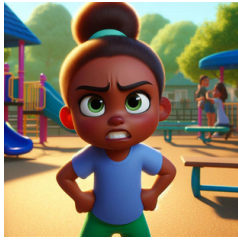
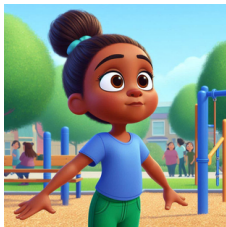


Anger Management



Recognize that you are angry and need to calm down.



Take deep breaths. Breathing deeply can help calm the body and mind! Inhale slowly through the nose, hold for a moment, and exhale through the mouth.



Count slowly to 10.



Talk to a trusted adult and use words to express your feelings.



Engage in physical activity like running or jumping to help you calm down.