Top Ten Ways to Deal with Anger

1. **Breathe Slowly:** breathe in and out slowly ten times when someone pushes your anger button.

2. **Walk Away:** walk away and talk to the person later when you can talk in a calm manner.

3. **Listen to Music:** listen to music that soothes your anger or makes you feel happy.

4. **Exercise:** take a long walk, ride your bike, or go jogging or rollerblading.

5. **Relax:** practice deep breathing and visualizing peaceful scenes to relax.

6. **Be Creative:** draw or paint a picture, write a poem, make a sculpture, or play a musical instrument.

7. **Write a Letter:** write the person at whom you are angry and explain your feelings, and then tear up the letter.

8. **Avoid Potential Problems:** learn to recognize when you’re more likely to get angry—when you’re not feeling well, haven’t gotten enough sleep, under stress—and stay away from potential problem people and situations.

9. **Learn Your Anger Symptoms:** learn how to recognize your own physical symptoms of anger—sweating, heart pounding, breathing rapidly—these are your early warning signs.

10. **Talk:** talk to friends, teachers, parents, a counselor, or a peer about anger and constructive ways to deal with the situation.

Borrowed from: Wake Teen Medical Services