



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

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