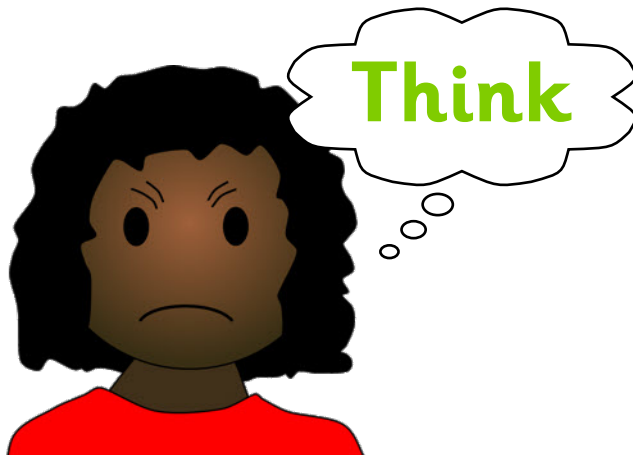


Anger management cards

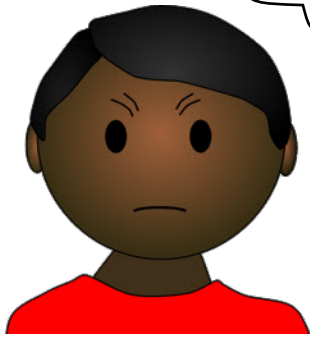


Tell yourself to stop.



Give yourself
thinking time

Anger management cards



I can
handle this

Tell yourself you can
handle this.



Be calm...

Say to yourself,
“Be calm, be calm,
be calm.”

Anger management cards



Walk away.

A black-outlined speech bubble with a tail pointing towards the bottom right. Inside the bubble, the numbers 1 through 7 are listed in a green, bold font, followed by an ellipsis. The entire illustration is enclosed within a red rectangular border.

1, 2, 3, 4, 5, 6, 7...

Count to ten.

Anger management cards



Tell someone else
how you feel.

A large white speech bubble with a black outline and a tail pointing towards the bottom right. Inside the bubble, the numbers '1, 2, 3, 4, 5, 6, 7...' are written in green. The bubble is set against a white background within a red rectangular border.

Count to twenty.

Anger management cards



Breathe deeply.



Relax and tense
your muscles.

Anger management cards



Do some exercises.



Go to an empty
place and shout.