

# Staying calm - dealing with anger

Tell yourself to **STOP**

Give your brain thinking time

Tell yourself you can handle this

Say to yourself "Be calm, be calm, be calm"

Walk away

Count backwards from 20

Tell someone else how you feel

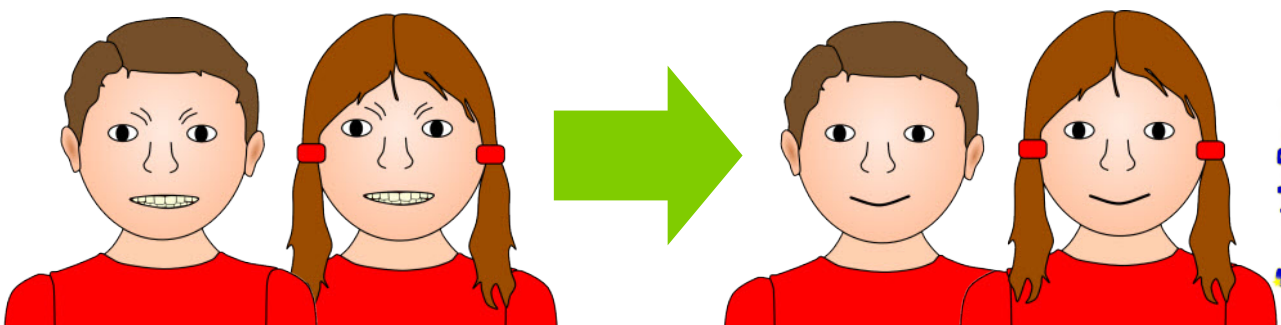
Breathe deeply

Tense and relax your muscles

Do some exercises

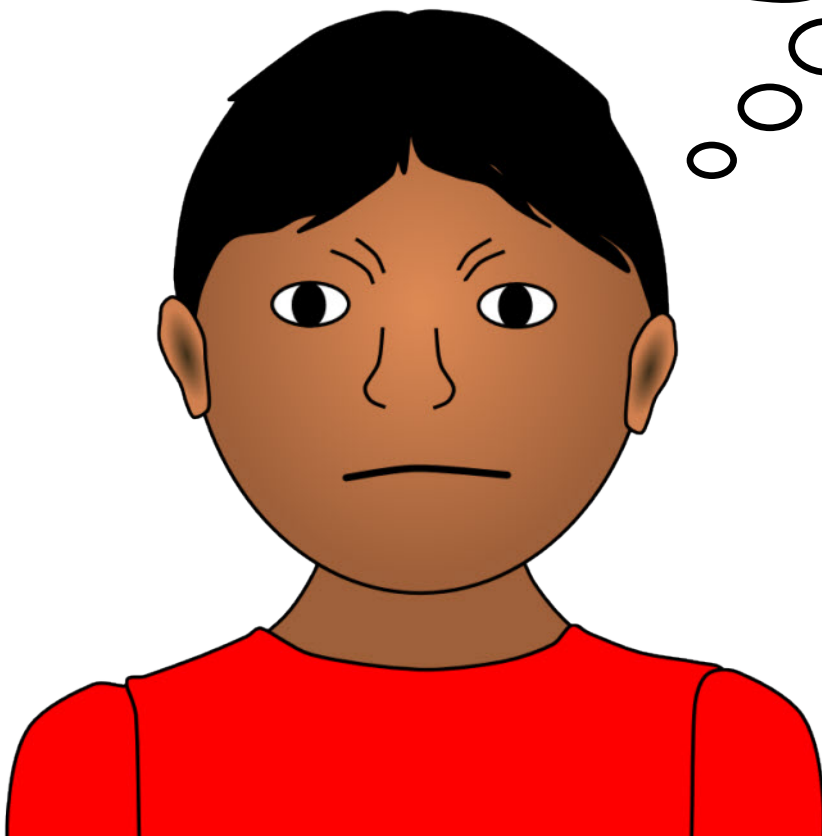
Go to an empty place and shout

Feel your pulse



**Staying calm - dealing with anger**

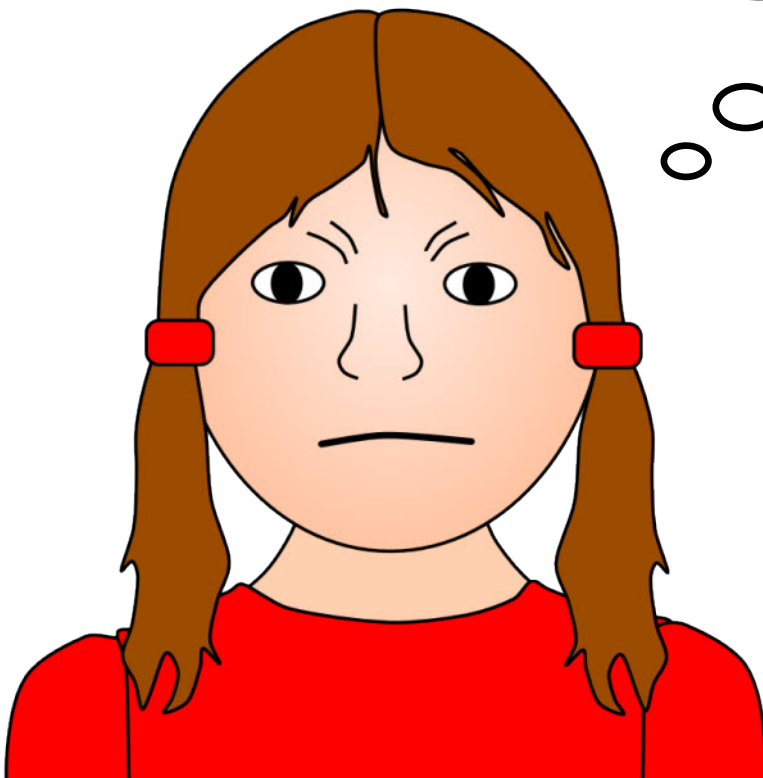
**Tell yourself to  
STOP**



**Staying calm - dealing with anger**

**Give your brain  
thinking time**

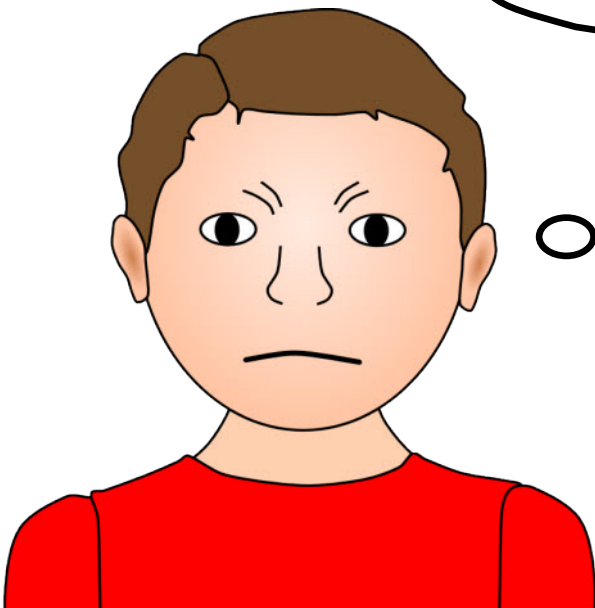
**Think...**



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**Tell yourself  
you can handle this**

**I can  
handle this!**



# Staying calm - dealing with anger

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



Be calm...

**Staying calm - dealing with anger**

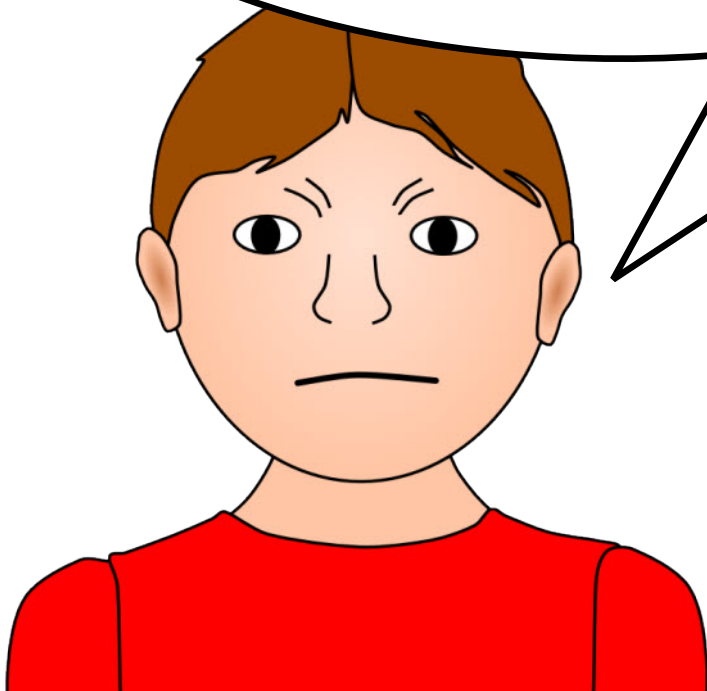
**Walk away**



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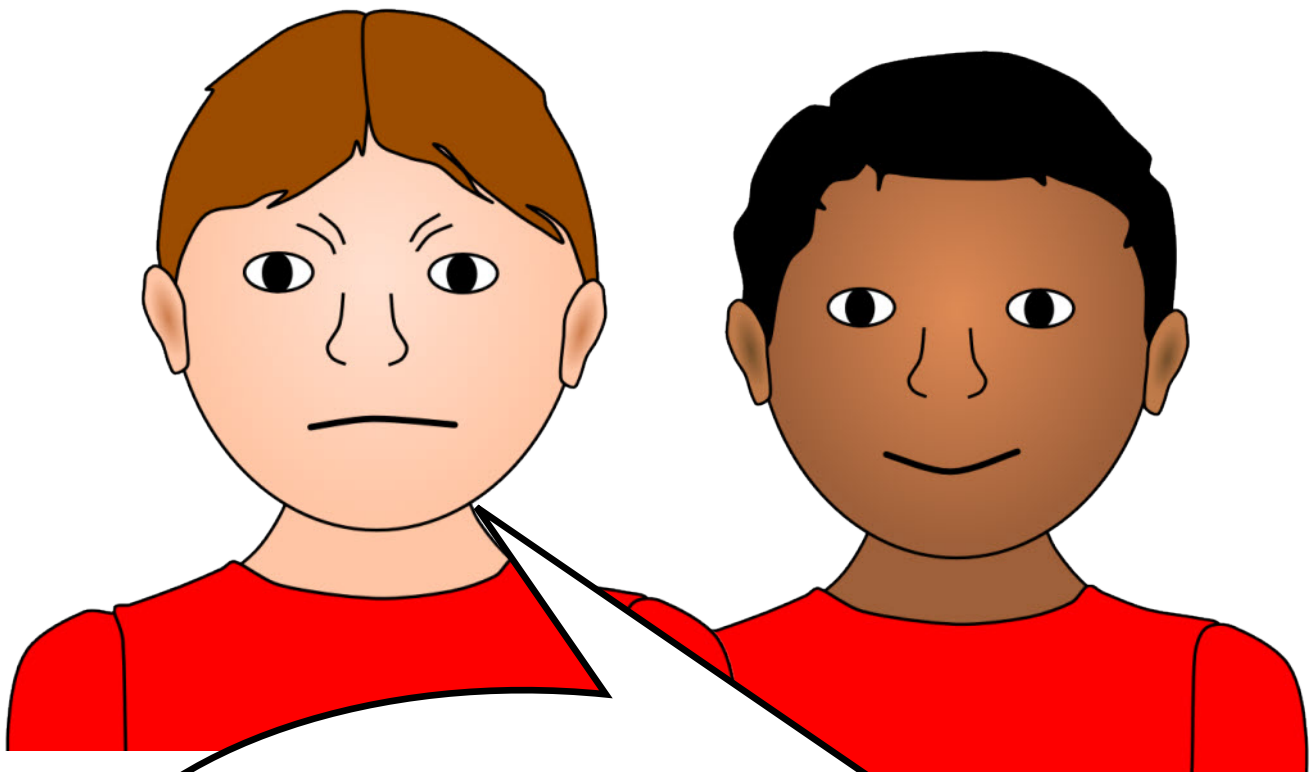
**Count backwards  
from 20 or 100**

**20, 19, 18, 17, 16...**



**Staying calm - dealing with anger**

**Tell someone else  
how you feel**

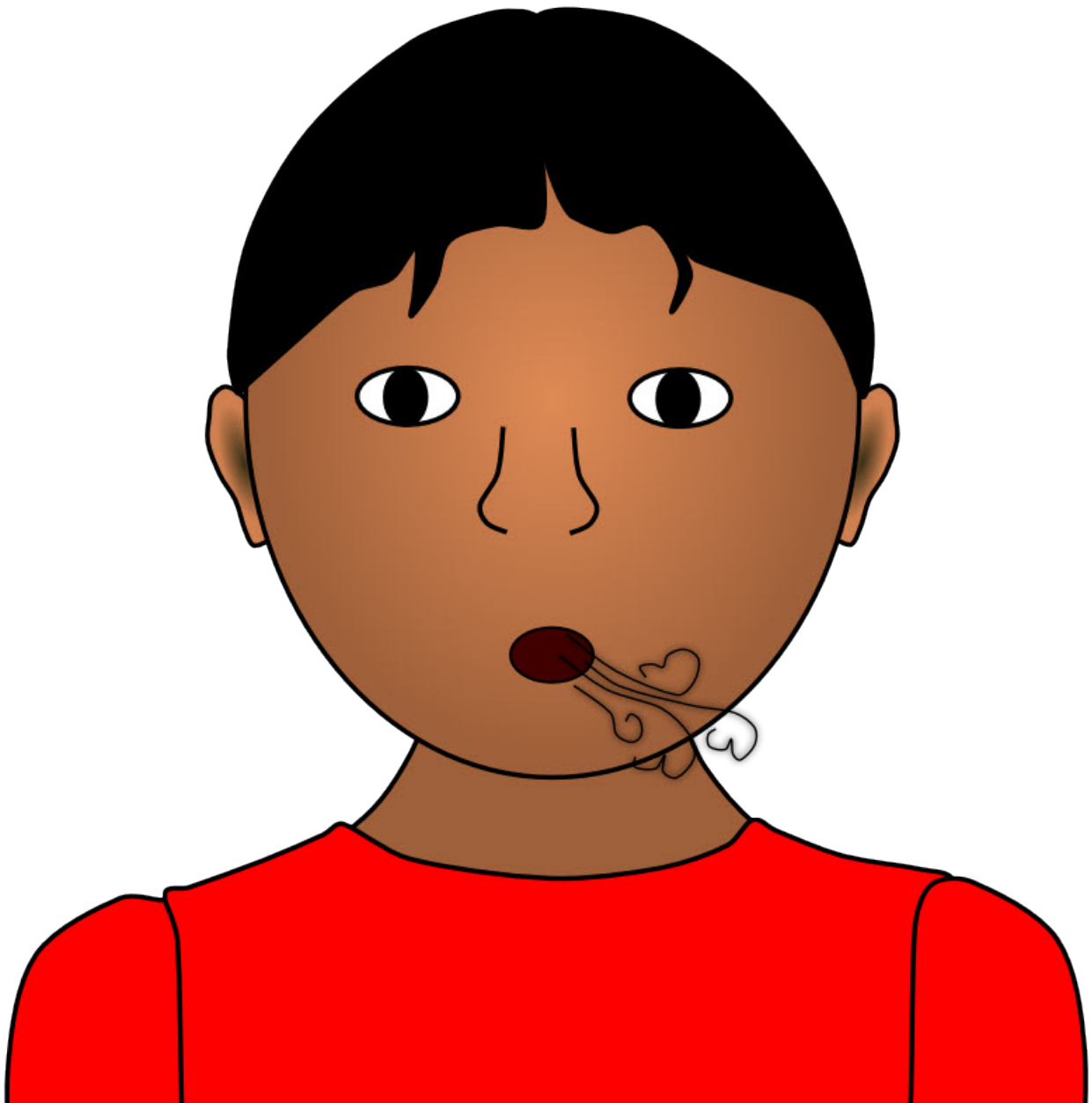


**I feel...**



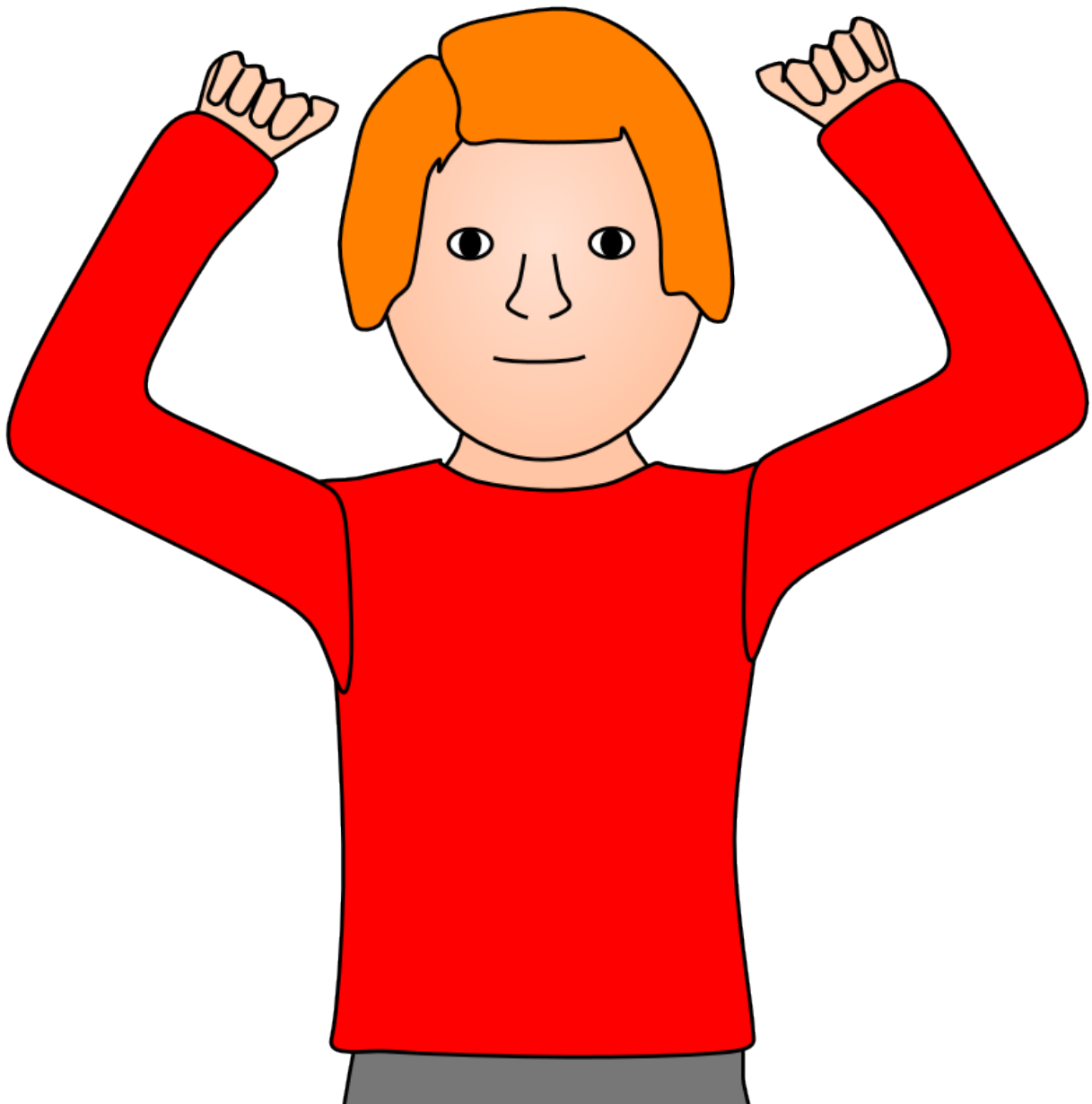
**Staying calm - dealing with anger**

**Breathe deeply**



**Staying calm - dealing with anger**

**Tense and relax  
your muscles**



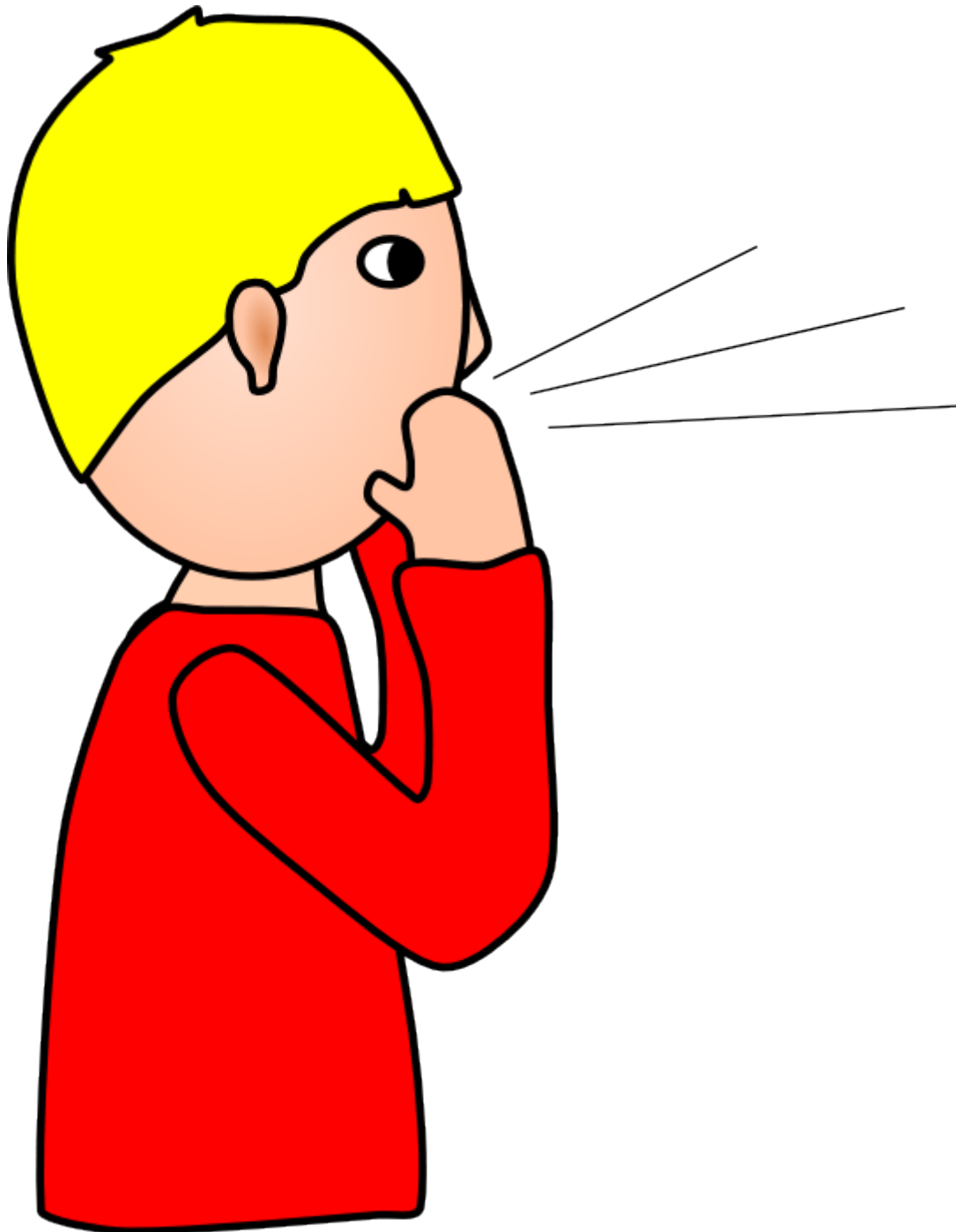
**Staying calm - dealing with anger**

**Do some exercises**



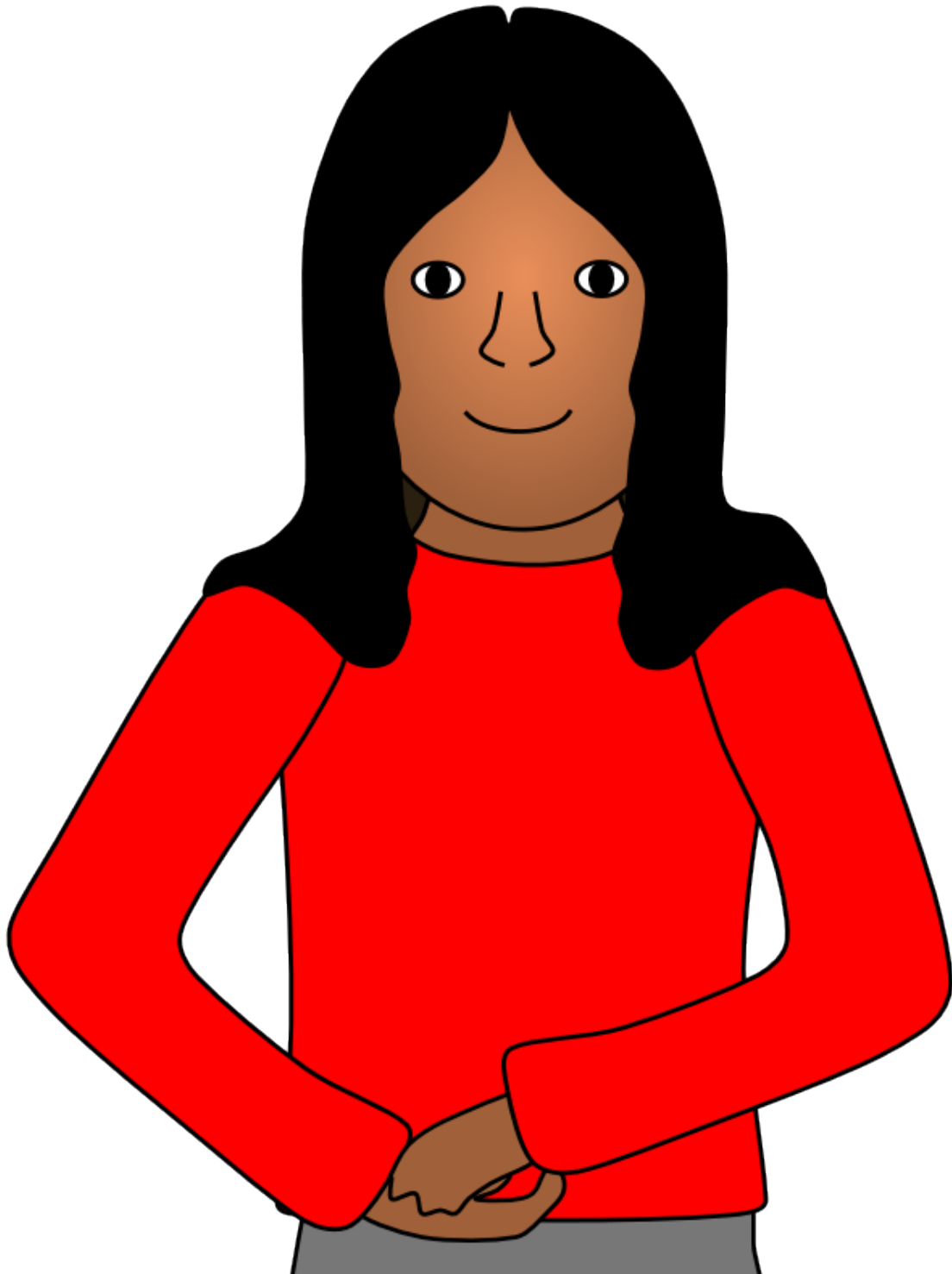
**Staying calm - dealing with anger**

**Go to an empty place  
and shout**



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Feel your pulse



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