



Tips for managing anger and stress

1. Listen to music (with your headphones on)
2. Write down your thoughts and emotions and/or draw
3. Deep breathing
4. Communicate - Talk about your feelings with someone you trust using 'I' statements and avoid placing blame
5. Distract yourself
6. Timeout – Try to count to 10 before reacting in a situation
7. Understand the situation – Take a moment to analyse what is happening and how you feel
8. Once calm then express yourself – Communicate your frustration in an assertive manner **NOT** confrontational
9. Think before you speak!
10. Exercise – Use as an outlet for emotions and improves mood
11. Find a solution – Take your focus away from what is making you angry and resolve the issue.
12. Empower yourself – Be the bigger person and try to stay calm and collected.