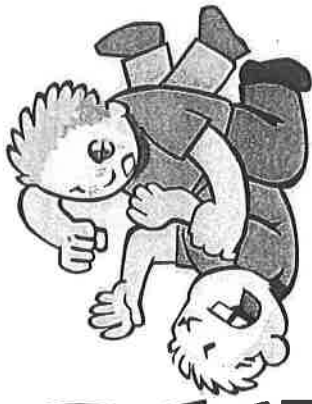


SIX STEPS TO DEALING WITH ANGER



1. WALK AWAY



If you can, walk away from the thing that makes you angry

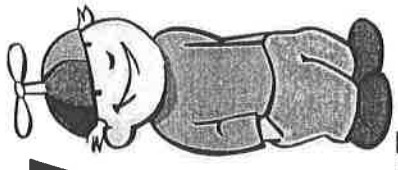
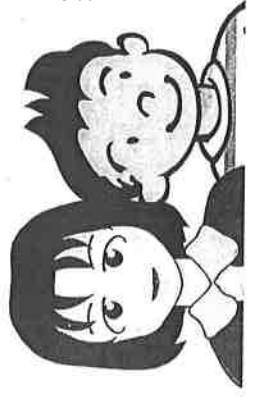
2. RELAX

Close your eyes, breathe in through your nose. Tighten the muscles in your hands and arms. Then slowly breathe out through your mouth. Open your hands and relax.



3. BREATHE

Take some deep breaths. Breathe in through your nose and out through your mouth.



4. POSITIVE THINKING



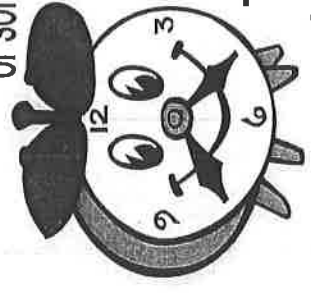
Challenge your negative thoughts and think of something positive



5. VISUALIZATION



Think of something else, such as a place where you would like to be. Maybe somewhere on holiday or something nice to eat.



6. TIME

Try to give yourself time to make sure that you are completely calm

