

Six tips for managing anger

No. 1: Take a timeout

Breathe deeply and count to 10.
It really can help!

No. 2: Get some exercise

Go for a brisk walk or run,
to help yourself calm down..

No. 3: Don't hold a grudge

Try to forgive instead of holding a grudge.
Consider asking God for help.

No. 4: Use humor to release tension

Lightening up can help diffuse tension,
but don't use sarcasm!

No. 5: Practice relaxation skills

Practice deep-breathing exercises,
or imagine a relaxing scene.

No. 6: Know when to seek help

Consider getting help if your anger seems
out of control, causes you to do things
you regret or hurts those around you.

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