



## 5 top tips on

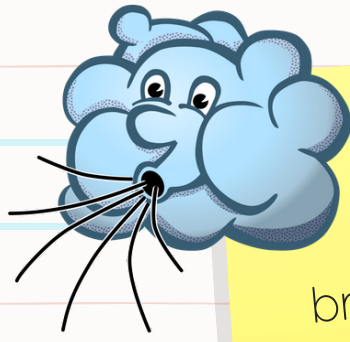
# MANAGING ANGER



It's okay to take a time out. If you can feel your anger levels rising learn to remove yourself from a situation in a safe way in order to try and manage your emotions. If you can't step aside, try counting down slowly from ten.

Recognise your warning signs of anger. You may find your heart beats faster, you have clenched fists and you shake or tremble. By identifying these signs you can attempt to manage your feelings and better control your anger.





Practice relaxation techniques such as breathing to help you keep calm. If you find yourself in a situation which has made you angry, try breathing in to the count of 7 and out to the count of 11 repeating this 10-20 times.



Try exercising to release any tension you are feeling in a positive and healthy way. Physical activity helps bring overall stress levels down which may be contributing to how you are feeling. It can also be a good distraction technique.



It's okay to ask for help. If you feel your anger is out of control seek help. Speak to a teacher, family member or professional.

