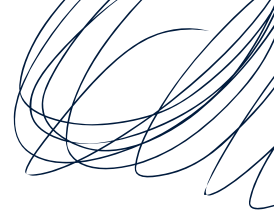




Healthy Ways to Cope with Anger



When we feel angry, annoyed, frustrated, or overwhelmed our brain is in survival mode and we can sometimes fight, argue, be defensive, avoid others, and be defensive.

Below are coping strategies that help reduce survival responses and get us back into our thinking brain.

4 WAYS TO RELEASE ANGER

TAKE A WALK

Ever gone for a short walk when you're upset and noticed feeling better as you walk? Walking can help release stress. Even a brief 5-10 minute steady walk can help relax stressful feelings. Listen to your favorite music while walking if preferred and add in some deep breaths.

USE COLD TEMPERATURE

Cold temperatures on our skin helps slow down our nervous system when stressed.

- Splash cold water on your face or your hands and wrists
- Hold an ice pack to your forehead, wrists, or neck
- Take a cold shower

NAME YOUR FEELINGS

- Say how you feel to yourself "I feel (emotion) because....."
- Set a 5-15 minute timer and write what you are thinking with no filtering or correcting. You can rip it up afterwards if you want and throw it away
- Take a short break and then talk it out with a support

TAKE DEEP BREATHS

Deep Breathing tells our brain and body that things are safe. Repeat skill for a few minutes or until calm.

- Pretend you are smelling good food and then blowing on it because it is hot. Repeat.
- Squeeze your fists when you breathe in, release your fists when you breathe out. Repeat.

TIPS FOR PRACTICING

- Sometimes people find it easier to practice coping skills alone for a few minutes in a quiet space when possible
- Practice walking outside when you are able to do so. Sunshine is mood booster!
- If you can't breathe out of your nose, pretend you are breathing in and out through a straw with your mouth.
- If something hurts in your body when practicing certain skills, stop the skill.

