

Tîm Camau Bach Toolbox – Anxiety / Anger



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<p style="text-align: center;">Breathing</p>	<ol style="list-style-type: none"> 1. Breath in for 6 seconds 2. Hold breath for 6 seconds 3. Breath out for 6 seconds 4. Repeat as necessary <p>This is calming when anxious/angry. It also gives you some time to think before you act.</p>
<p style="text-align: center;">Wall Pushing</p>	<ol style="list-style-type: none"> 1. Find a solid wall 2. Plant your feet and push the wall as hard as you can. 3. Push for as long as you need to. <p>This gets out all the negative and angry feelings, in a way that won't affect others.</p>
<p style="text-align: center;">Earphones</p>	<p>If you find that you're in a situation that is getting too loud, or people's talking is starting to annoy you. Put in your earphones and listen to your favourite music.</p> <p>Blocking out a situation that bothers you will help you to calm down and think about the best way to deal with the situation.</p>
<p style="text-align: center;">Make a Drink</p>	<p>Taking yourself away from the situation that is causing you to feel angry/anxious and making yourself a glass of water/cup of tea also distracts you from what is bothering you. Making your favourite drink is always good for happiness too.</p>
<p style="text-align: center;">Self-Talk</p>	<p>Self-Talk gives you the chance to ask yourself what it is exactly that is bothering you. Sometimes you may find that by asking yourself what it is that's bothering you, you may be able to tell yourself the answer. This can be done alongside other activities too.</p>
<p style="text-align: center;">Rip it Up</p>	<ol style="list-style-type: none"> 1. Write down exactly what it is that is bothering you. 2. Once you've written down the issue, read over it to help yourself understand what's bothering you. 3. Rip-up what you've written down and all of the problems with it.
<p style="text-align: center;">Talk</p>	<p>Sometimes talking to the person who is bothering you and making you feel angry/anxious can fix the problem. They may not realise they've upset you. You can also talk to somebody else about the problem who may be able to help you (Parent, friend, sibling)</p>