



## Ways to stop yourself getting more stressed or angry

- Avoid triggers – know what sets you off
- Spot the early warning signs
- Walk away
- Deep breaths; in through nose, out through mouth
- Cold water on wrists
- Tense then relax muscles
- Slow pulse
- Physical exercise – jump, run, shake arms
- Count slowly to 10
- Think before speaking
- Be positive

## What are the things which make me angry?

These are the things I need to look out for....

Makes me SO ANGRY I can't control myself	
Makes me REALLY ANGRY	
Makes me QUITE ANGRY	
Makes me ANNOYED	
Irritates me	