



BREATHE - Pause and take some deep breaths into your belly

COUNT - Count to 10 slowly in your mind or count your breaths

PUNCH - hit or punch a pillow or your bed; anything soft so you don't hurt yourself or someone else

PUSH - Push as hard as you can against a wall

ICE - Throw ice cubes against a brick wall or hold some ice against the back of your neck or on your chest for 30 seconds

WATER - Take a cold shower, dunk your face in cold water or run your hands under cold water

CRY - Have a cry if it helps & you feel like it

WAYS TO RELEASE **ANGER**

@journey_to_wellness_

TALK - Talk to the person you are angry with & come up with a solution together or talk to someone else you trust to work through the feeling

ICE - Throw ice cubes against a brick wall, hold some ice against the back of your neck, in your mouth or on your chest for 30 seconds

WRITE - Write about your anger or write a letter getting out all of your feelings and rip it up

DRAW - Draw your anger. What does the emotion look like? What colour is it? How big is it?

PAPER - Rip up paper or scrunch paper into a ball and throw it

MOVE - Walk, run, stretch or move your body in a way that feels good & releases the angry energy

