WHAT ARE SOME WAYS TO DEAL WITH ANGER?

Some people choose to ignore or bottle up anger, but this approach may actually cause more harm than good, because the initial problem is never addressed. Instead, try to manage anger so it can become a more positive emotion.

**Ideas to manage anger**

- **Relax**: Breathe deeply from your diaphragm (your belly, not your chest) and slowly repeat a calming word or phrase like “take it easy” or “let it go”. Think of relaxing experiences, such as sitting on a beach or walking through a forest.
- **Think positively**: Remind yourself that the world is not out to get you, you’re just experiencing some of the rough parts of daily life.
- **Problem solve**: Identify the specific problem that is causing the anger and approach it head on – even if the problem does not have a quick solution.
- **Communicate with others**: Angry people tend to jump to conclusions. Slow down and think carefully about what you want to say. Listen carefully to what the other person is saying. Criticism can sometimes help us improve.
- **Manage stress**: Make sure to set aside personal time to deal with the daily stresses of school, activities and family.

**Ways to relax**

- listen to music
- write in a journal
- exercise
- meditate
- talk about your feelings with someone you trust

**Change the scene**

A change of environment can help reduce angry feelings. For example, if your friends are frequently angry or make you angry, consider making some new ones – this could help improve the way you feel.

**Practice a relaxation technique to end the class**: Square breathing, this slows your breathing and heart rate and can help you to feel calmer. Breathe in for a count of five seconds, hold it in for a count of five, and breathe out for five, then hold it in for five. This slows down your breathing and your heart rate and can also calm your mind.