



ANGER



What it can look like and how we can cope with it



Triggers

There are many scenarios that can trigger anger:

- Being told "no"
- Being embarrassed in public
- Physical threats
- Name calling
- Having to stop a fun activity
- Being told you are "lazy"
- Being punished for doing something wrong

Physical Warning Signs

2. When we feel threatened, our body reacts to prepare us for dealing with danger. Physical signs of anger include:

- Sweating
- Dizziness
- Headache
- Difficulty breathing
- Body shakes
- Clenched fist
- Increased heart rate
- Increased body heat
- Muscle aches
- Chest tightness



Coping Skills

Here are some things we can do to help get control of our anger before it controls us:

- Talk about your feelings
- Practice deep breathing
- Squeeze a soft toy or plush pillow
- Move your body
- Drink cold water
- Cool angry thoughts



3.