## **Anger Coping Skills**



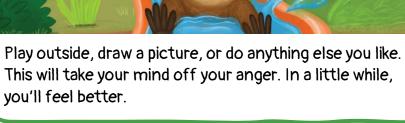
Get away from whatever is making you mad and take time to cool down. If someone is being mean to you, try to leave the situation.



blow it out. Imagine that your anger is leaving you, too.

Do this five times.







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