

# Strategies for Dealing with Anger

(Use with Supplemental RP Session: Anger Management)

## STRATEGY 1: KEEP CALM

- Talk to someone
- Count to 10
- Do relaxation exercises
- Walk away and finish the conversation later
- Go for a walk or exercise
- Do a fun activity
- Take a deep breath
- Think about the negative consequences of getting into a fight
- Think of something to solve the problem

## STRATEGY 2: THINK ABOUT THE NEGATIVE CONSEQUENCES YOUR ACTIONS

## STRATEGY 3: THINK OF SOMETHING TO SOLVE THE PROBLEM

## STRATEGY 4: TALK TO SOMEONE

## STRATEGY 5: TELL THE PERSON HOW YOU FEEL