

Anger Management Techniques

Visualize happy memories	15 Pushups	Dance	Take a time out	Read
Box Breathing	Talk to staff	Rip Paper	20 Jumping Jacks	Squeeze a stress ball
Talk out the anger out loud	Visualize loved ones	2-3 new ways to handle anger.	Acknowledge your emotions	Listen to music
Play cards	Take a walk	Progressive muscle relaxation	Imagine 1-2 consequences of poor anger management	Rearrange a room
Drawing/Coloring	Ask a staff member their favorite way to deal with anger	Scream into a pillow	Write in a journal	Count to 10

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Listen to music	15 Pushups	Rip Paper	Box Breathing	Drawing/Coloring