

Anger Management Coping Skills

Watch TV	Arts and Crafts	Exercise	Talk to family	Play cards
Drawing	Think about loved ones	Take a time out	Count to 10	Talk to a friend
Think about happy memories	Watch a movie	FREE	Dance	Hobby
Listen to music	Talk to staff	Painting	Help a friend	Read
Go outside	Deep breathing	Take a walk	Write in a journal	Eat a healthy snack

Anger Management Coping Skills

Watch a movie	Count to 10	Talk to family	Drawing	Take a time out
Exercise	Write in a journal	Play cards	Deep breathing	Talk to a friend
Listen to music	Dance	FREE	Hobby	Arts and Crafts
Help a friend	Take a walk	Watch TV	Eat a healthy snack	Talk to staff
Painting	Read	Think about happy memories	Think about loved ones	Go outside

Anger Management Coping Skills

Deep breathing	Take a walk	Count to 10	Read	Dance
Watch TV	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Eat a healthy snack	FREE	Talk to staff	Help a friend
Watch a movie	Talk to a friend	Talk to family	Write in a journal	Exercise
Hobby	Arts and Crafts	Take a time out	Drawing	Go outside