

Anger Management Techniques

Watch TV	Acknowledge your emotions	Go for a car ride	Take a walk	Read
Deep breathing 3-5 technique	Visualize happy memories	Sing	Arts and Crafts	Visit your family
Cooking	Listen to music	Free space	Painting	Talk to staff
Play cards	Take a time out	Help a friend	Rearrange a room	Go outside
Count to 10	Dance	Scream into a pillow	Drawing	Squeeze a stress ball

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Watch a movie	Talk to a friend	Take a time out	Sing	Talk to staff
Count to 10	Dance	Squeeze a stress ball	Rearrange a room	Deep breathing 3-5 technique
Scream into a pillow	Arts and Crafts	Free space	Listen to music	Acknowledge your emotions
Read	Watch TV	Write in a journal	Drawing	Cooking
Take a walk	Exercise	Painting	Go for a car ride	Help a friend

Anger Management Techniques

Scream into a pillow	Deep breathing 3-5 technique	Take a time out	Squeeze a stress ball	Exercise
Arts and Crafts	Write in a journal	Go for a car ride	Watch a movie	Visualize loved ones
Drawing	Talk to staff	Free space	Play cards	Take a walk
Acknowledge your emotions	Dance	Rearrange a room	Painting	Know your triggers
Watch TV	Cooking	Visit your family	Count to 10	Visualize happy memories