

Coping Strategies



- ❖ Write down situations that have made you angry recently.
- ❖ What happened? How did you physically feel?
- ❖ What thoughts were in your mind?
- ❖ What did you do?
- ❖ What could you do differently?

- ❖ Go to another room or step outside if you can.
- ❖ Let the other person know you need some time to cool off.
- ❖ Scream into a pillow.
- ❖ Do some exercise to relieve stress and energy.
- ❖ Listen to music to help calm you down.
- ❖ Take time to yourself whenever you can.

**Gone to my
happy place...
BE BACK SOON!**