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TO
USE

ANGER COPING SKILLS HANDOUT FOR TEENS

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ANGER COPING SKILLS FOR TEENS

COPING SKILLS ARE THINGS WE CAN DO TO HELP US REDUCE, AND BETTER MANAGE ANGER. THEY HELP US TO CALM OUR BRAIN, AND THINK MORE CLEARLY DURING ANGRY SITUATIONS.

RELAXATION SKILLS



- TAKE 3 DEEP BELLY BREATHS
- TAKE A NAP
- TENSE AND RELAX YOUR MUSCLES
- SELF-MASSAGE NECK/SHOULDERS
- MEDITATE/MINDFULNESS
- VISUALIZE/THINK OF A PEACEFUL PLACE

FLEXIBLE THINKING SKILLS



- TELL YOURSELF TO GO WITH THE FLOW
- TELL YOURSELF TO LET IT GO
- TELL YOURSELF I'M NOT GOING TO LET THIS GET TO ME
- TELL YOURSELF TO BE ADREABLE

DISTRACTION SKILLS



- ENGAGE IN A HOBBY
- COUNT FROM 1-100
- LISTEN TO MUSIC
- PUZZLES/WORD SEARCH
- WATCH TV/MOVIE
- READING

CREATIVE OUTLETS



- PLAY OR CREATE MUSIC
- WRITING
- COLORING/PAINTING/ DRAWING
- ART
- BUILDING/HANDS-ON ACTIVITIES

MENTAL/THINKING SKILLS



- STOP & THINK ABOUT CONSEQUENCES OF YOUR ACTIONS (IS THIS A GOOD/BAD CHOICE)

EMOTIONAL/PHYSICAL RELEASE



- RUN/DO PUSH-UPS UNTIL YOU'RE TIRED
- USE A PUNCHING BAG
- MARTIAL ARTS
- YELL INTO A PILLOW

Anger Coping Program Manual

Rosina Ehmann



Anger Coping Program Manual:

Whispering the Strategies of Language: An Mental Journey through **Anger Coping Program Manual**

In a digitally-driven world wherever screens reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases often move unheard. Yet, located within the pages of **Anger Coping Program Manual** a captivating literary treasure pulsing with raw feelings, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the material of every word. Within the mental depths with this emotional review, we shall embark upon a sincere exploration of the book is core styles, dissect their charming writing type, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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Anger Coping Program Manual Introduction

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