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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

**Richard M. Lerner, Francine
Jacobs, Donald Wertlieb**



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