

# ANGER COPING SKILLS HANDOUT FOR TEENS

1 PAGE | A4 + US LETTER SIZE | PRINTABLE POF

## ANGER COPING SKILLS FOR TEENS

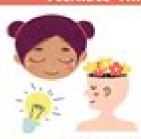
COPING SKILLS ARE THINGS WE CAN DO TO HELP US REDUCE, AND BETTER MANAGE ANGER. THEY HELP US TO CALM OUR BRAIN, AND THINK MORE CLEARLY DURING ANGRY SITUATIONS.

#### RELAXATION SKILLS



- TAKE 3 DEEP BELLY RPS ATHS.
- TAKE A MAP
- 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 FROW
- TELL YOURSELF TO LET
  IT 60
- TELL YOURSELF I'M NOT GOING TO LET THIS GET TO ME
- TELL YOURSELF TO BE AGREEABLE

#### DISTRACTION SKILLS



- ENGAGE IN A HOBBY
- COUNT FROM 1-100
- USTEN TO MUSIC
- PUZZLES/WORD SEARCH.
- MATCH TV/MOVIE
- · READING

#### CREATIVE OUTLETS



- . PLAY OR CREATE MUSIC
- MR18390
- COLORING/PAINTING/ DRAWING
- ART
- BUILDING/HANDS-ON ACTIVITIES

#### MENTAL/THINKING SKILLS



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

# 10

#### **EMOTIONAL/PHYSICAL RELEASE**

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

### **Anger Coping Program Manual**

Richard M. Lerner, Francine Jacobs, Donald Wertlieb



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