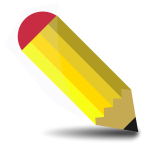
**Safe Ways To Deal With Angry Feelings**

We can learn to recognise our own build-up of anger. It’s then sometimes possible to take action before we reach our flashpoint, and to prevent the explosion. If it’s too late, we can help ourselves to recover. Different things are possible in different situations, and work for different people. Use your personal power in a positive way to find out what works for you, and help your family to do the same.

What triggers your anger? Note down your own flashpoints. Then, from the list below – and with any additions that work for you – make a note of how you can help yourself both before you reach explosion point, and afterwards.



**Anger without Danger**

**Have a cool drink … go for a walk … smell fragrant flower… stroke an animal … practice slow, calm breathing while counting to ten (or a hundred) … track back the events / feelings leading up to feeling angry … think of something funny … do something kind for someone … relax in a hot bath … draw an angry picture … do something energetic (go for a run…dig the garden…clean the house) … do an angry, stamping dance…talk about it with someone supportive … knead dough (clay or playdoh for children) … say ‘’I feel angry out loud … play/listen to music … out of earshot of others, scream loudly …’’write out’’ the anger … take time out alone … do relaxation exercises**

**My anger flashpoints**

**What I can do before I explode**

**What I can do after I’ve blown it**