

healthy 10 WAYS to Deal With ANGER

by WholeHearted School Counseling!

1. Walk away and cool down.



2. Take Steady Breaths and focus on exhaling slowly.



3. Count to 20 or more until you feel calmer.

222



4. Stretch or do yoga.

5. Use I-Statements & say how you feel, what you need & how you want to be treated.



6. Take a break and use a calming tool like a stress ball.



7. Exercise or play a sport.



8. Squeeze then relax your muscles.



9. Push against the wall or floor and then relax.



10. Scribble on paper or write about what's bugging you.



Dont Get Angry

Y Pai



Dont Get Angry:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Dont Get Angry**

In some sort of inundated with monitors and the cacophony of immediate communication, the profound energy and psychological resonance of verbal art often disappear into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, located within the musical pages of **Dont Get Angry**, a charming perform of fictional splendor that pulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this interesting opus books viewers on a psychological odyssey, gently exposing the latent possible and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect their captivating publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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