

my COPING skills

1.

Can you identify your anger cues (e.g., does your heart speed up, do you begin to feel hot, do you clench your jaw or fists)?

2.

Can you identify the source of your anger (e.g., a person or situation)?

3.

If you are in a situation where it's appropriate to take a break, do this:

- Take a minute to walk away from the situation and cool down.
- Take few deep breaths, count to 100, or take a walk around the block before returning to the situation where you felt angry.

4.

If you are in a situation where you can't walk away, try taking a mental break by doing the following:

- Take a few deep, controlled breaths.
- Visualize a calming image (e.g., waves crashing on the beach, wind blowing through a meadow, visualize a fun memory).
- Count backwards from 100 by 3s or say the alphabet backwards.

5.

Once you calm down, write down what you can do to work through the situation appropriately.

From the experts at



boystown.org/parenting

***Remember:** The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.