

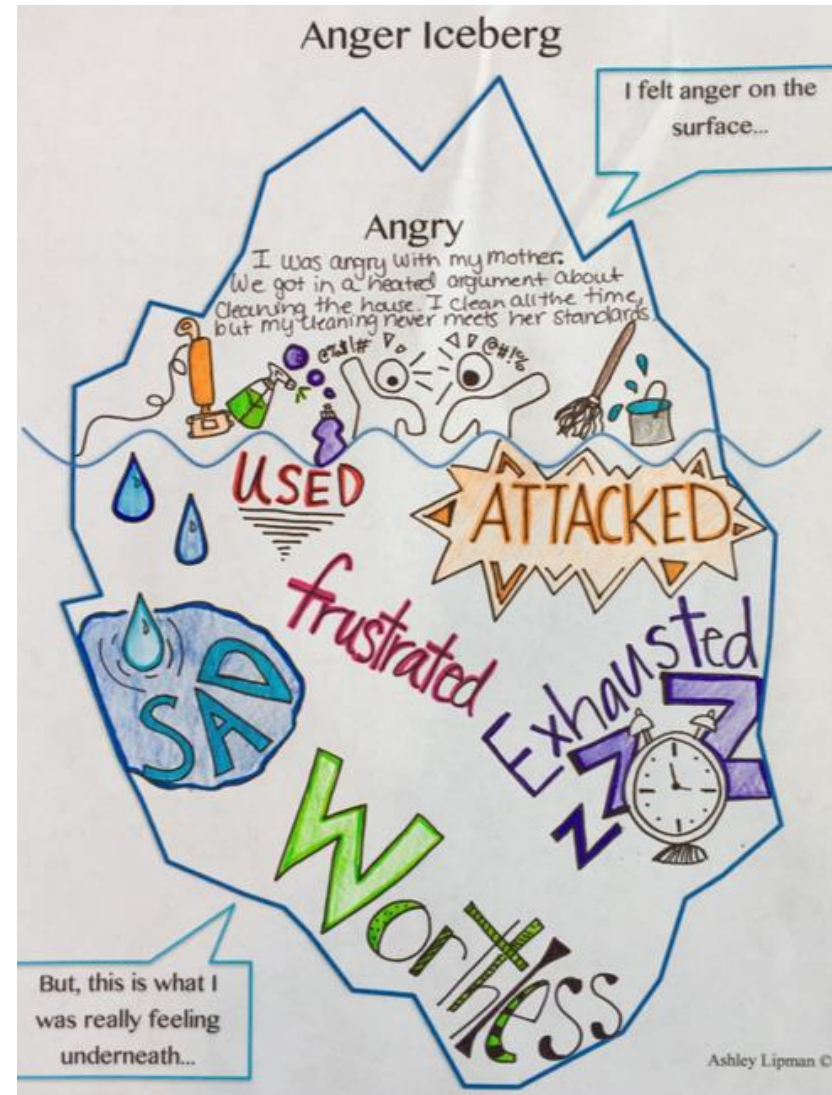
ANGER



By Ms. Lori Hoff

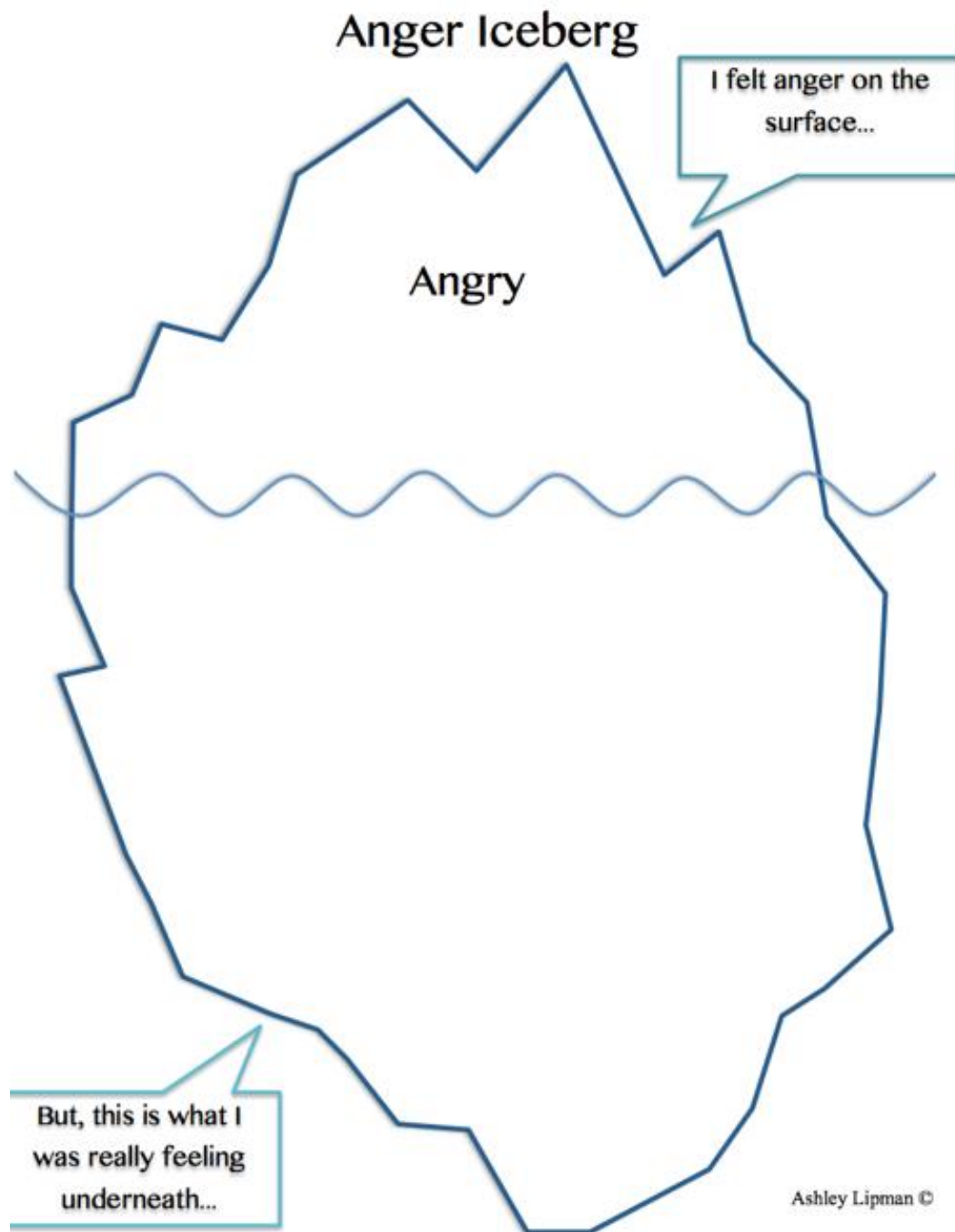
ANGER ICEBERG

AN EXAMPLE-

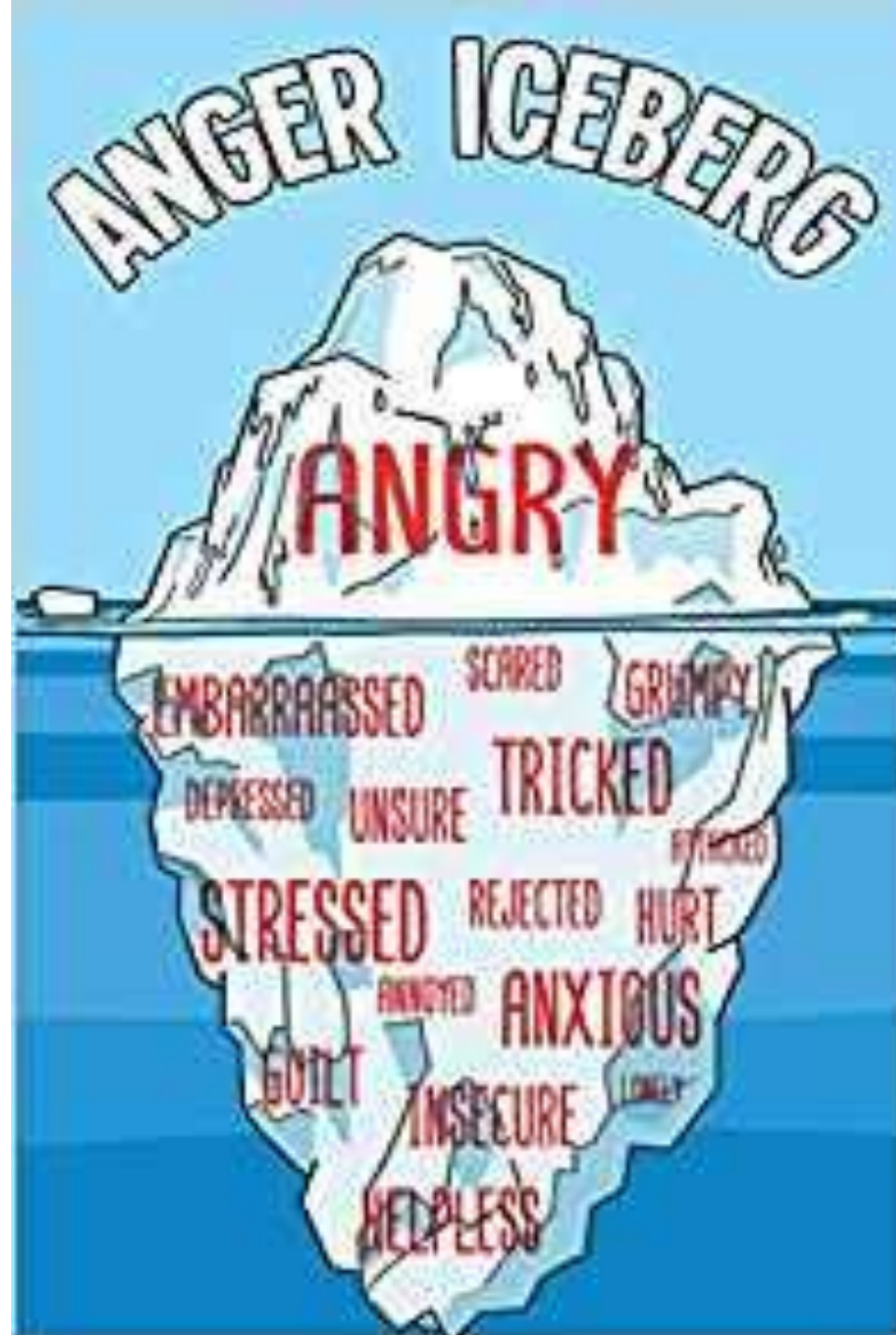


ANGER ICEBERG

DRAW IN YOUR JOURNAL



ANGER ICEBERG



WAYS TO DEAL WITH ANGER

- 1. Think before you speak
- 2. Once you're calm, express your anger
- 3. Get some exercise
- 4. Take a timeout
- 5. Identify possible solutions
- 6. Stick with "I" statements
- 7. Don't hold a grudge
- 8. Use Humor to release tension
- 9. Practice relaxation skills
- 10. Know when to seek help