



Activity Sheet

Coping strategies

Anger is a stressful emotion that triggers a behavioural response.

How do you cope and de-stress this emotion?



Here are some ideas to work on:

- 📌 Find out from others how they de-stress.
- 📌 Think about all your senses and try out each to see which senses and associated activity works for you.
For example –
 - **Looking** at family photos remembering good times
 - Burning scented candles and **smelling** the aroma
 - Cooking and **tasting** different foods
 - **Squeezing** a stress toy
- 📌 How many other activities can you think of or do?