

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?