

## **Dr. Crist's Anger Control Strategies**

Get some exercise.

Play with pets or stuffed animals.

Ask for help from parents. "I'm getting too angry-can you help?"

Ask myself, "Is this worth getting upset over?"

Be flexible—I can always do something else.

Take a break—or take a nap.

Go somewhere else—get away from the situation.

Have a snack.

Take 5 deep breaths. Take another 5 deep breaths.

Count to 50. If that doesn't work, count to 50 again.

Draw a picture of what you're angry about.

Draw a picture of something that makes you happy.

Punch a pillow.

Squeeze a stress ball.

Scream into a pillow as loud as you can.

Play a game.

Work it out—compromise or negotiate.

Take a bath.

Watch TV or a funny video.

Call a friend.