

Anger Management 5d

Recognize your anger early	If you're yelling, it's probably too late that you're getting angry in situation quickly. Some common: raising voices, talking of him, what
Take a timeout	Temporarily leave the situation if other people are involved, explain few minutes alone to calm down, solved when one or more people
Deep breathing	Take a minute to just breathe. (On seconds inhaling, four seconds for four seconds exhaling. Really long might chest yourself! The counter off the situation as well.
Exercise	Exercise serves as an emotional is released in your brain during that is sense of relaxation and freedom