

## Anger Management: 5d

<b>Recognize your anger early</b>	If you're yelling, it's probably too late that you're getting angry in situation quickly. Some common: raising voices, talking of them, what
<b>Take a timeout</b>	Temporarily leave the situation if other people are involved, explain few minutes alone to calm down, solved when one or more people
<b>Deep breathing</b>	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.
<b>Exercise</b>	Exercise serves as an emotional is released in your brain during that is sense of relaxation and freedom