



# COPING STRATEGIES

**WHAT STEPS CAN YOU TAKE TO HELP YOU COPE WITH YOUR ANGER THE BEST WAY POSSIBLE THE NEXT TIME YOU START TO FEEL UPSET? WRITE THEM DOWN BELOW!**

**IF I START TO FEEL ANGRY I WILL.... (WRITE HEALTHY COPING STRATEGY)**

**INSTEAD OF .... (WRITE UNHEALTHY COPING STRATEGY)**

**IF THIS IS NOT HELPFUL I WILL..... (ALTERNATIVE CALM DOWN TECHNIQUE)**

**I CAN ALSO TRY.... (WRITE DISTRACTION)**

**ONCE I AM CALM I CAN TALK ABOUT WHAT MADE ME UPSET**