



Are you feeling angry or upset?



Does your body feel:

- Tense
- Your heart is beating fast
- Your stomach feels tight
- Your face is flushed

Are you wanting to:

- Yell
- Hit something
- Threaten others
- Break something

Pause for a moment

Anchor yourself with a deep breath

Understand what's happening around you by observing

Settle into the present by taking a step away, counting to ten, focusing on relaxing your muscles

Engage with considering the pros and cons--what can make the situation better or worse?

