



# 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

**P**ause for a moment

**A**nchor yourself with a deep breath

**U**nderstand what's happening around you by observing

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

**E**ngage with considering the pros and cons--what can make the situation better or worse?

