

ANGER MANAGEMENT TECHNIQUES

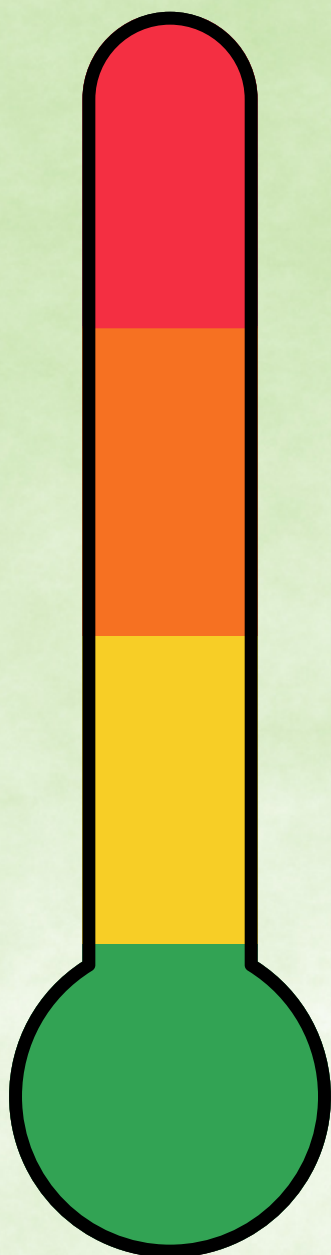


The Mind Garden
bloom where you're planted

RAGE GAUGE

tool for insight

Reflect on various situations or triggers that elicit anger in your life and identify where you typically fall on this anger scale during these situations. This exercise will help you gain insight into your anger responses and allow you to recognize patterns in your emotional reactions.



5 - Most Anger - Explosive Anger

1 - Least Anger - Calm & Relaxed



COOL-DOWN

timeout bingo



The Mind Garden
bloom where you're planted

When you feel your anger rising, take a moment to calm down and engage in the activity described in the square. Mark off each square as you complete the corresponding task. The goal is to achieve a line of completed squares in any direction - horizontal, vertical, or diagonal. Remember, the purpose is to practice these calming techniques, so take your time and focus on the process.

Take 10 deep breaths to calm down

Count to 100 slowly to regain composure

Engage in a creative activity like drawing or coloring

Write down your feelings in a journal

Squeeze a stress ball or play with clay dough

Call or message a trusted friend for support

Listen to a calming playlist or music

Visualize a peaceful place or situation

Read a chapter from a favorite book

Practice a short mindfulness or meditation exercise

Repeat a calming mantra or affirmation

Practice a grounding exercise by focusing on your senses

Go for a short walk outside

Do a quick body scan relaxation exercise

Write down three things you are grateful for



THOUGHT

makeover



The Mind Garden
bloom where you're planted

In the midst of anger, we often harbor negative thoughts that fuel our emotions. Here's how you can transform those destructive thoughts into empowering ones:

Identifying Triggering Thoughts: Think about situations that typically make you angry. What thoughts flash in your mind? Identify them precisely; they are the culprits behind your rising anger.

Challenge and Reframe: Now, question these thoughts. Are they entirely accurate? Is there another side to the story? Challenge the negativity. Reframe your thoughts into balanced, rational perspectives. Seek evidence supporting a calmer viewpoint.

Positive Affirmations: Craft positive affirmations that counteract your anger-inducing thoughts. These affirmations should be uplifting and empowering, reminding you of your inner strength and ability to handle situations calmly.

Daily Practice: Incorporate these affirmations into your daily routine. Repeat them in the morning to set a positive tone for the day. Whisper them to yourself before facing challenging situations. Reflect on them at night, finding solace in your progress.

Reflection: At the end of each day, take a moment to reflect. Recall instances when you successfully transformed your anger-triggering thoughts. How did it change your emotional response? Celebrate these victories; they signify your journey towards mastering your anger.

