

In recognition of Anger Awareness week, this week's well being poster looks at Five Top Tips for when you are feeling angry, taken from [The Lily-Jo Project](#)

Tyler's Top Five Tips **FOR WHEN YOU FEEL ANGRY:**

1

TAKE A DEEP BREATH

When I'm angry, it feels like the world is going really fast. I need to take some deep breaths to slow it back down and think.

2

DO SOMETHING THAT HELPS YOU RELAX

When I get angry, what I need to do is relax. I need to walk away and be by myself until I'm calm again.

3

EXERCISE HELPS ME GET RID OF ANGRY THOUGHTS

Exercise really helps me get rid of my angry thoughts! I like going to the park and doing the monkey bars.

4

DISTRACT YOUR BRAIN

When I feel myself starting to get angry, I try and distract myself. I like to read, especially books about fantasy worlds like The Hobbit or the Artemis Fowl books!

5

BE KIND TO YOURSELF

Sometimes, when I'm really angry, I can accidentally hurt myself. My teachers taught me to play with my fidget spinner or squeeze a stress-ball instead.