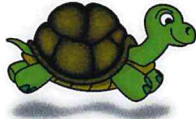




- Sit down. Close your eyes. Relax. Take a deep breath in, and then let it out very slowly. Repeat this several times.

- Clench all the muscles in your body, starting with your head and working all the way down to your toes. Then work down your body and relax them again, letting all the tension drain away.



- Turtle technique – imagine you have a protective shell to withdraw into and shut yourself away from the situation.

- Take your mind somewhere else that feels safe, e.g. imagine yourself curled up in bed or in another favourite place having fun. Try to imagine the sights, sounds, smells and textures.



- Count to ten or even a hundred! Try counting backwards or counting in threes. If your mind is occupied with something else it cannot dwell on the problem.

- Keep repeating a short phrase to yourself (in your mind or under your breath) like 'cool it' or 'I can get over this'.



- Remove yourself from the situation that is annoying you. This gives you the space to think of something else.

- Do some physical activity – running, playing ball, punching the air or a pillow. Physical exercise gets rid of some of the chemicals that build up in your body when you are angry.



- Listen to some of your favourite music – something restful or something that makes you happy.

- Remember something funny – a favourite joke or comedy scene. It is difficult to laugh and be angry at the same time.

