



**In-person and Online  
Counselling Support, UK.**

**[www.therapeuticcamper.com](http://www.therapeuticcamper.com)  
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# Gentle Tips for Anger

**Distract** - Yourself by having a shower or doing an activity can help calm you.

**Breathe** - Slow breaths in through your nose and out through your mouth.

**Drugs and Alcohol** - Can affect your ability to control your actions.

**Good Sleep** - Can help your routine & improve your mood and wellbeing.

**Let's get physical** - Dance, play sport, interact with a pet, to release feelings.

**Talk** - To someone you trust about how your anger is for you to feel heard.

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