

## HEALTHY WAYS TO COPE WITH STRESS & ANGER

*When feeling overwhelmed with stress or anger try one of the following strategies below. Consider ticking, circling, or highlighting the ones you could most see yourself doing:*

- Practice deep breathing
- Squeeze a stress ball or some other object
- Shadow-box / punch a pillow / punch and kick a punching bag
- Lift weights (use 4L milk jugs filled with water as an alternative)
- Do pushups, chin-ups, and crunches
- Go for a walk or a run
- Skateboard, longboard, or ride a bike
- Play a sport
- Yell really loudly
- Take pictures
- Draw, doodle, or paint
- Play an instrument
- Listen to music
- Sing or rap
- Write lyrics or other poetry
- Write a letter to the person or thing that is bothering you
- Journal
- Take a bath or hot shower
- Go to the rec centre for a sauna, steam room, or hot tub
- Talk to a family member
- Call a friend or counselor
- Arrange to hang out with a friend or boyfriend/girlfriend
- Chat to friends online
- Surf the internet watching funny videos
- Watch TV
- Play a video game
- Read a book or magazine
- Do some homework
- Do a puzzle like a crossword or Sudoku
- Play with a baby or younger sibling
- Play with a pet
- Say a prayer
- Do yoga or stretch
- Meditate
- Clean your room
- Have a nap
- Cook or bake