

# Anger



## How your body feels:

### FRUSTRATED:

You want to lower your chin and sigh. Sparks prickle in your chest.



### MAD:

Your arms want to cross. Your voice wants to get louder. A fire or spikes in your chest.



### FURIOUS:

Your jaw and fists clench up. Tears come out. There's hot lava in your chest!



## Why do we get angry?

We can't do something we want to do

We feel unheard or unseen

We feel misunderstood

We feel guilty or embarrassed

We feel overwhelmed

We are tired or hungry

## Ways to process anger:

TRY TO USE YOUR WORDS



ASK FOR HELP. IF YOU CAN'T, WALK AWAY

BREATHE DEEP + SLOW



REST



EAT SOMETHING GOOD



DEEP PRESSURE SQUEEZES



Feelings aren't bad! They are messages. Listening to them helps us take care of ourselves.

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