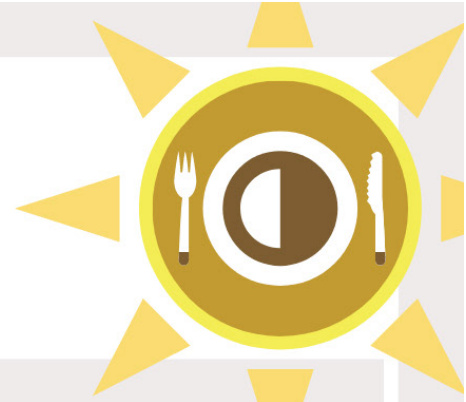


10 ANGER MANAGEMENT TIPS



Think before you speak

Take a breath

Take a timeout

Say words that don't hurt

Think of solutions

Use positive "I" statements

Don't hold a grudge

Laugh

Practice Relaxation

Know when to seek help

SHOWMEHOPE is a **FREE** and **CONFIDENTIAL** crisis counseling program for Missourians. Crisis Counselors are available in your local community to listen and provide you with coping skills to handle your stress and anxiety.

Call or Text: 1-800-985-5990
Website: moshowmehope.org

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