



ANGER MANAGEMENT

WORKING FROM HOME



Feelings

d v f h l a t y b s a d
s n o h o p e f u l t x
c f r v n u x i s v e b
a w t n e e c i n p a o
r g w r l a i k e s r b
e n x r y m t w r u f i
d e u e r j e a l o u s
g r a i t v d s e t l a
s v v f a f r a i d k n
w o r r i e d y b d o g
n u u d s h y k b t i r
j s e f w r i h a p p y

angry

worried

jealous

afraid

sad

nervous

lonely

happy

hopeful

tearful

scared

excited

shy



LIST FIVE THINGS WHICH YOU FEEL ANGRY AND THINK OF A COPING STRATEGY FOR EACH ONE.

Things that make me feel angry	Ways of coping with this

LIST FIVE THINGS WHICH MAKE YOU FEEL HAPPY. DRAW IMAGES TO DEMONSTRATE YOUR ANSWERS.

GROUNDING OURSELVES

- **Sometimes things can feel really overwhelming, especially when our routines are disturbed. Therefore it is important to keep ourselves in the present moment. Try the following:**
- List five things you can see around you.
- List three things you can feel/touch. For example: my clothes.
- Go to the window, list three things you can see outside.