

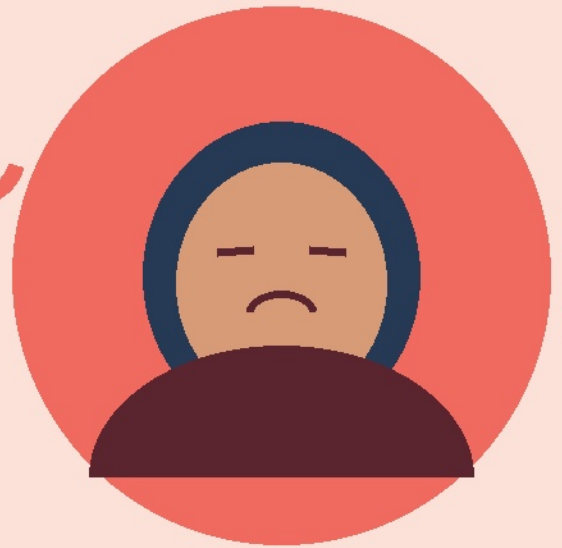
SPACE TO BREATHE

Anger

What this emotion may be telling you

It can feel...

hot, tense or ready to burst



What might help

1

Pause before reacting

2

Move your body safely

3

Say: “I feel angry because...”

A gentle reminder

Anger is a signal. You can listen without letting it take control.

Notice it • Name it • Meet it with care