



# HOW TO CALM YOUR ANGER

STEP 1: STOP AND BREATHE.

STEP 2: GET YOURSELF OUT OF THE SITUATION. GO FOR A WALK OR LEAVE THE ROOM.

STEP 3: USE A GROUNDING OBJECT. SOMETHING AROUND YOU TO FOCUS YOUR ATTENTION ON.

STEP 4: VENT IT OUT. WRITE DOWN WHAT YOU FEEL (FOR YOUR EYES ONLY). USE THE 'DO YOU NEED TO RANT?' PROMPT IN THE YOURCREW JOURNAL.

