

15 Genius Tips for Letting Go of Anger



- ☐ Call a timeout
- ☐ Get some exercise
- ☐ Listen to soothing music
- ☐ Pray
- ☐ Meditate
- ☐ Count to 10
- ☐ Breathe
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- ☐ Volunteer regularly
- ☐ Take a walk
- ☐ Remember that everyone is doing the best they can
- ☐ Smile
- ☐ Focus on Solutions
- ☐ Address your anger internally
- ☐ Address the issue rather than the person
- ☐ Get help