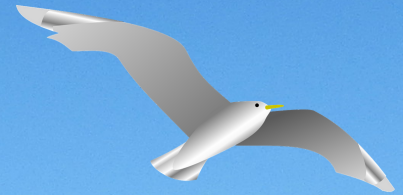
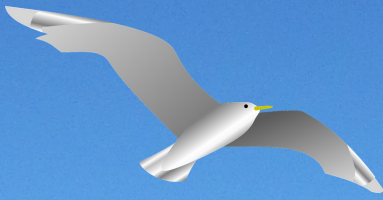


I can STOP! I am in control of my anger... *my anger does not control me!*



- **STOP! Freeze!**

As soon as you start to feel a tiny bit annoyed.... Stop... Keep hands and feet still (and to yourself)



- **Take some slow, deep breaths**

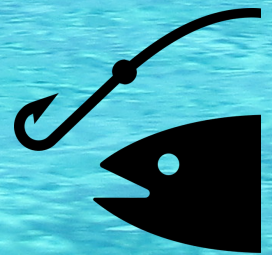
Snake Breath:

Breathe in through your nose and breathe out through your mouth with a long, slow hissing sound. How long a hiss can you make? *Engage your smart brain*



- **Observe what is happening**

Is someone pressing your buttons? Did you take the bait? Are they reeling you in?



- **Plan what to do**

Who wins if you lose it? Who wins if you walk away and cool down

