

# Anger Management

P G N V W G A I U F T E C O L O R  
L P R U K S R L I E Z V A N G E R  
P Z V L V T T O T A L K I T O U T  
J D S S X R Y C R E A D A B O O K  
O E E L T H I N K P O S I T I V E  
U E P E M W K E X E R C I S E R W  
R P W E E S B C I B T F C M Z Z G  
N B R P D C V O C R O C H E T I Y  
A R I Q I H F U P J C Z Y S Y Y H  
L E T L T X T N Y H G R E L A X N  
R A E D A U B T K O O W Z X Z G M  
U T C K T P M T H O H W S S T O U  
V H E B I W J O G Q U N M B D C S  
U S K R O A J T K L D S I X L A I  
T P J B N L T E M L O D L Z A L C  
R F S P T K G N E I Z G E X Y M D  
R H W L J W T T H E R A P Y Q P V

think positive	count to ten	deep breaths	talk it out
read a book	meditation	exercise	journal
crochet	therapy	smile	write
color	music	sleep	relax
anger	walk	calm	art