

Bringing yourself out of the red zone



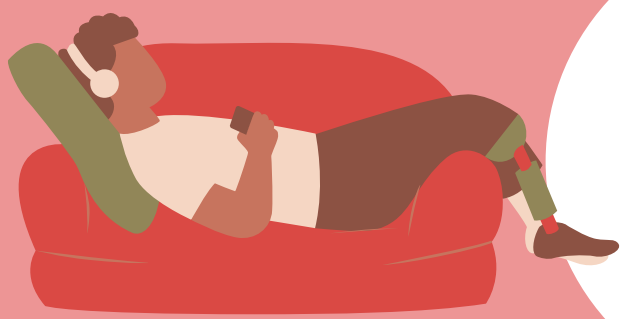
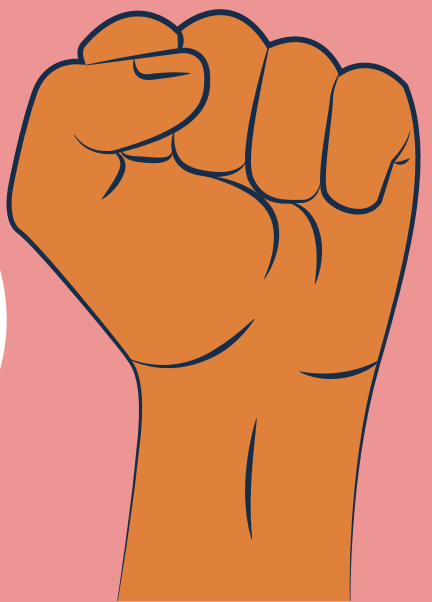
Exercise: Focus all your angry energy on exercise, go for a run, lift weights, dance. Get your body moving

Communicate: Sometimes we need to get our thoughts and feelings out in. But try and do this with a calm, trusted person



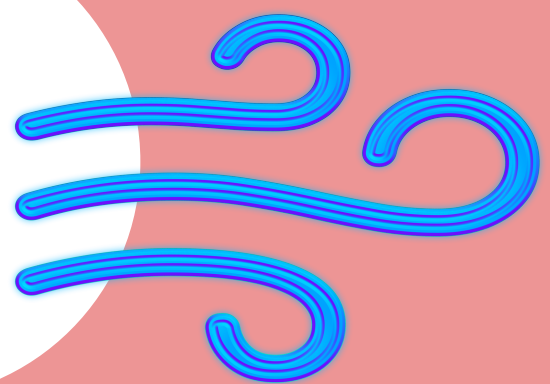
Shouting into a pillow or duvet (so no one hears you!)

Tense and relax your muscles, to feel more in control of your body



Take a break: stop and think or walk away before responding with anger

Breathe: slow your breathing down, breathe in for 3 counts, and out for 4 counts



Put headphones in and listen to music, preferably calm music

How to bring yourself back from the blue zone

Get your body moving, dance to some lively music or go for a run



Do something that makes you laugh: listen to a podcast, watch a funny film

Tell someone what is making you feel down and see how they can help



Have a cold shower, wake your body up and get your blood pumping

Listen to music and focus on the lyrics rather than the thoughts in your head



Have a cry, sometimes we need to get our emotions out before we start to feel better!