

GOT ANGER?

# Choose Love

**STOP.** JUST STOP. CLOSE YOUR MOUTH.

**DROP.** DROP YOUR AGENDA.

**BREATHE.** TAKE A FEW DEEP BREATHS... TAKE TEN!

**Calm** your mind and body.

Use a **mantra**.

**Move** your body - shake your hands, splash water on your face.

Choose Love.

**Let** the anger **go**.

Once calm, go back and **talk** about it.

Set a limit... **Move on**.

