15 Genius Tips for Letting Go of Anger





- [ ] Call a timeout
- [ ] Get some exercise
- [ ] Listen to soothing music
- [ ] Pray
- [ ] Meditate
- [ ] Count to 10
- [ ] Breathe
- [ ] Breathe
- [ ] 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

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