

31 Things to Do When You're Stressed, Angry, and Overwhelmed

- THINK.
- Take time to ask yourself what you want and/or need.
- Rip up old newspapers/magazines/phonebooks/sheets/rags and throw them out.
- Stomp out of the house and walk briskly, swinging your arms until anger dissolves: (DO NOT LEAVE YOUNG CHILDREN ALONE.)
- Punch a beanbag chair/pillow/punching bag.
- Say, "I'm going to scream for two minutes." Then do it. Make angry sounds.
- Open the linen closet door, whip the towels out and throw them across the room. Whip out the dirty laundry instead and eliminate folding clothes again!
- Throw a basketball in a hoop or against the house.
- Shout, "I'm sooo angry."
- Count to 10 (or 20) in a loud angry voice.
- Do an angry dance (don't forget your war whoop!)
- Throw snowballs at a tree.
- Whip marshmallows into the sink and yell a karate-type yell as you throw.
- Take a shower to wash negative feelings away. Scream in the shower!
- Pile up pillows and smash them with a tennis racket using your whole body.
- Pound on a mattress.
- Put a pillow up to the wall and hit it (saves broken hands and wall but still gets the adrenalin out).
- Kick into pillows piled against a wall.
- Blow into a paper bag and then pop it.
- Play angry notes on the piano.
- Pull weeds with vigor, saying, "I'm sooo mad!" with each pull.
- Take a bucket of water and a big brush. Pretend the water is paint and paint the car/house with huge brush strokes.
- Throw rocks into a lake, river, puddle.
- Wrap your arms around yourself and give yourself a big hug. Tell yourself nice things.
- Throw velcro balls at a target.
- Squeeze play dough/clay.
- Wash a sinkful of dishes in hot (not scalding) water. Make lots of bubbles.
- Turn on music and exercise anger and pounds/inches away.
- Call a friend.
- Make your own additions to this list.
- Remember, children need to find good ways to express their anger so let them try some of the above or work out other ways they can show their anger.

♦ *Article provided courtesy of Illinois Parents Anonymous*

