

FEELING  
ANGRY ?

Do the **opposite** thing



**Talk softly**



**Dance to music  
you like**



**Take a shower**



**Connect to  
something you find  
beautiful**

by taking a  
picture, looking  
at a landscape



**Write down  
what makes  
you angry**

without  
necessarily  
sharing it



**Go out to see  
other things**

an exhibition, listen to  
bird sounds, smell the  
flowers etc.

DO THE OPPOSITE THING