

Shared Housing Anger De-escalation Tips



Take deep breaths to calm down. This allows the body's parasympathetic system to reestablish a sense of quiet, increasing your ability to assess the situation. Repeat for five minutes if not calmed with three breaths.

Try the Navy Seal box breathing technique: inhale for four seconds, hold air in your lungs for four seconds, exhale for four seconds, hold your lungs empty for four seconds, then repeat.



Take a walk – at least 15 minutes – to calm down. Fresh air may allow you to see the situation in new light. Practice taking deep breaths in and out while walking.



Explore what may have triggered your anger. Step back early to be able to regain own stability. Only take next steps for discussion once you feel balanced and have regained your own equilibrium.