



**NEURODIVERSITY
RESOURCEHUB**

WHEN YOU FEEL

ANGRY, ANXIOUS OR RESTLESS

Safe ideas to release energy, regulate and reconnect

Start with safety. Then choose one or two ideas that feel manageable.

Different strategies work for different people. You can point, communicate or ask someone you trust to help you choose.

1 PAUSE AND CHECK SAFETY

- Move away from glass, sharp objects, traffic or anything that could hurt you.
- Place both feet on the floor and notice where you are.
- Ask: "Do I need space, help, movement or quiet?"
- If possible, rate the feeling from 1 to 5.

2 RELEASE ENERGY SAFELY

- Tear scrap paper, old newspapers or cardboard.
- Push firmly against a wall or carry a safe heavy item.
- Squeeze a stress ball, cushion or rolled towel.
- March, stomp, stretch, dance or take a supervised walk.

3 CALM YOUR BODY AND SENSES

- Breathe out slowly for longer than you breathe in.
- Run cool water over your hands or wash your face.
- Use headphones, dim lights or move to a quieter space.
- Sip water or use a familiar sensory tool that is safe for you.

4 EXPRESS AND CONNECT

- Scribble, draw or colour what the feeling is like.
- Write what you feel, then keep it or tear it up safely.
- Use speech, a gesture, sign or AAC: "I need a break" or "Help me."
- Talk to a trusted caregiver, friend, teacher or professional.

IF THE FEELING IS TOO BIG TO MANAGE SAFELY

Move away from danger and contact a trusted adult, caregiver, health professional or emergency service. Do not stay alone if you may hurt yourself or someone else.