Stop in your tracks. Step back. Sit down.
Take five deep breaths. Inhale. Exhale. Slowly, slowly.
Count to 10 — better yet, 20. Or, say the alphabet out loud.
Phone a friend or relative, or go visit someone.
Still mad? Hug a pillow, or have a favorite snack.
Thumb through a magazine, book or newspaper.
Do some sit-ups.
Pick up a pencil, and write down your thoughts.
Take a hot bath or a cold shower.
Lie down on the floor, or just put your feet up.
Put on your favorite record or radio program.