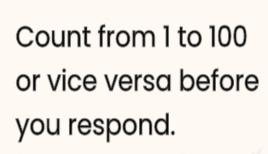
5 Ways To Keep Calm During An Argument With Your Partner



Practice deep breathing.



Move away from the situation and go for a walk.

Tell your partner you need some quiet time.

Take a cold or hot shower.









Mom Junction

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Source: https://www.momjunction.com/articles/reasons-my-husband-yells-at-