



# ANGER MANAGEMENT



## 1. Acknowledge the Anger is an Issue

It is normal to be angry when we face conflict or we feel violated. But being angry is a negative emotional experience. It also can cause problems in keeping healthy relationships.

## 2. Monitor your Anger

Think about all the possible situations that make you angry, the intensity of your anger and the ways in which you express it. Monitoring your anger will help you come up with strategies to manage it.

## 3. Express your Feelings in a Healthy Manner

Anger sometimes also stems out of stress caused by suppressed emotions. Talk about the way you feel with a trusted friend in order to release the strain.



## 4. Get Moving

Regular physical activity decreases your stress levels and reduces the likelihood of you being angry.

## 5. Time Out

In order to avoid behaving in way that can make you regret it later, choose to physically walk away from a situation that makes you angry.

## 6. Listen to Others

While you are in the middle of a heated conversation, avoid jumping to conclusions and feeling compelled to say anything harsh. Listening can help your anger to drop and allow you to respond in a better way.

## 8. Feel it, But don't Act on It

Even when you feel extremely angry, avoid acting upon those feelings. Showing aggressive behavior will make you look bad even if you are not at fault.

## 7. Communicate your Reasons Calmly

We tend to speak very loudly and use strong language while expressing anger. It is important to speak slowly and calmly in order to communicate the reasons for your anger.

## 9. Cost of your Behavior

When you act out on your feelings of intense anger, you are most likely to face consequences. Before behaving aggressively, understand that you are accountable for your actions and can also be penalized.