

# ANGER MANAGEMENT

Anger is a part of life - a form of human expression.  
It is a completely normal, usually healthy, human emotion.

No one chooses to be angry. Anger is a reaction that is built into your nervous system. But when it gets out of control and turns destructive, it can lead to problems - problems at work, in your personal relationships, and in the overall quality of your life.

No one is exempted from problematic anger. Anger is a very democratic emotion - it causes problems for men and women, kids and the elderly, rich and poor, educated and uneducated, and people of all colors and ethnic backgrounds.

Anger says more about you - your temperament, how you view the world, how balanced your life is, and how easily you forgive others - than it does about other people.

You don't have to be a victim of your own anger - you can choose how you respond when the world doesn't treat you the way you want it to. You can decide how much of yesterday's anger you want to carry into the future and how to manage the anger that you may experience tomorrow.

Anger is not something that can - or should be - cured.  
But you have to manage it well - at home, at work, and in your most intimate relationships - if you want to benefit from it. So, it's never too early to start anger management.



The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.

# Six Strategies To Keep Anger At Bay:

## Relaxation



- Exercise simple relaxation tools.
- Start deep breathing and seek for relaxing based imagery that can help calm down angry feelings.

## Cognitive Restructuring

- Changing the way you think (Perception management).
- Replacing exaggerated and overly dramatic irrational thoughts with more rational ones.
- Remind yourself that getting angry is not going to fix anything and it won't make you feel better (and may actually make you feel worse).

## Problem Solving

- Every problem has a solution!
- Anger and frustration can be caused by very real and inescapable problems in our lives.
- Not all anger is misplaced, and often it's a healthy, natural response to these difficulties.
- Don't just focus on finding the solution, but rather on how you handle and face the problem.
- Make a plan, and check your progress along the way.
- Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away, or your way.
- If you can approach it with your best intentions and efforts, make it a serious attempt to face it head-on, you will be less likely to lose patience and fall into the "all-or-nothing" thinking, even if the problem does not get solved right away.

## Better Communication

- Don't jump into conclusions and act on. Some of those conclusions can be very inaccurate.
- Don't say the first thing that comes into your head.
- Slow down and take your time before answering.

- Listen to the underlying words: the message that the other party is trying to convey.
- Think carefully about what to say.
- Don't get defensive when you're criticized and don't fight back.
- Keep yourself cool and don't let your anger take charge.

## Changing Your Environment

- Don't let our immediate surroundings cause irritation and fury.
- Don't allow problems and responsibilities to weigh on you and "trap" you.
- Give yourself a break.
- Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful.