

Anger Management

Anger often gets a bad rep, but the emotion of anger is not inherently bad. Anger is a normal emotional response to feeling wronged; it attempts to protect us, teach us where our boundaries are, and get our needs met.

When managed healthily it accomplishes these things. However, anger often becomes problematic when not managed healthily. Because anger influences how you think, what you say, and what you do, when you harmfully impose your anger onto others, that's when it has the potential to become **"bad"**. You may become so used to the feeling of anger that you don't notice it. The first step to managing anger is learning to recognize your personal warning signs that will tip you off about how you're feeling.

WHICH ANGER WARNING SIGNS APPLY TO YOU?

- Mind goes blank
- Body or hands shake
- Heavy or fast breathing
- Scream, raise voice, or yell
- Become argumentative
- Go quiet and "shut down"
- Pace around the room
- Face turns red
- Throw things
- Feel sick to the stomach
- Feel hot
- Scowl or make an angry face
- Can't stop thinking about the problem
- Stare at the other person aggressively
- Punch walls
- Insult the other person
- Start sweating
- Clench fists
- Headaches
- Become aggressive
- Crying

ANGER MANAGEMENT SKILLS

Think of Consequences • Take a timeout • Deep Breathing • Exercise • Walk It Off

Recognize your anger warning signs

Get curious about your anger, what is it trying to say? What is it rooted in?

Understand the narrative of your anger, is it rational? Accurate? Warranted?

Utilize different outlets to express your anger: boxing, running, writing, art, music, etc.