

Anger Management

Everyone gets angry from time to time. But if your anger is affecting your relationships and the quality of your life, then perhaps you should think about what you can do to manage your anger.

Are you wondering if you have an anger problem? Answer the following questions to see how many of them you answer "yes."

Yes **No**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get angry easily? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have trouble controlling your emotions? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a hard time with forgiveness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do everyday situations (e.g., waiting in line) make you angry? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel bad about yourself after getting angry? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do other people often irritate you? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are others afraid of your temper? |

How many did you check "Yes?" _____

Each of the above can be an indicator that anger might be an issue for you. For some ideas on how to manage and reduce your anger, check out the back of this card.

Anger Management Tips

- ▶ **Relax.** When you start to get angry, close your eyes, imagine a relaxing scene, and breathe deeply. Breathe in, count to four, and exhale.
- ▶ **Meditate.** Meditating regularly is a great way to help you remain calm and feel more grounded. You might also try a guided meditation app like **Calm** or **Meditation Studio**.
- ▶ **Take care of mind and body.** Get plenty of sleep, eat healthy, and exercise (take a walk, work out, do yoga). Also spend time in nature.
- ▶ **Express yourself calmly.** Bottling up anger can make things worse. If you're feeling angry or irritated, pause for a moment, organize your thoughts, and calmly express your feelings.
- ▶ **Keep track of your thoughts.** Sometimes it can be helpful to keep track of what makes you angry, as well as how often this happens.
- ▶ **Try "I" statements.** "I" statements describe a problem from your point of view rather than assigning blame or being aggressive. For example, saying *"I'm upset because you didn't tell me you'd be late"* is better than saying *"You are never on time."*
- ▶ **Take a timeout.** If you have a hard time staying calm in an emotionally charged situation, remove yourself, take several deep breaths, and organize your thoughts.
- ▶ **Get support.** Talk to a family member, friend, or counselor about your frustrations and your difficulty managing your anger. Ask for their help and support.