

# Anger Management

Handling anger effectively is important for maintaining healthy relationships and emotional well-being. Here are some strategies to help you manage your anger:

**Recognize the signs:** Pay attention to the physical and emotional signs that indicate you're getting angry, such as increased heart rate, tension in your body, or feeling irritable. By recognizing these signs early on, you can take action before your anger escalates.

**Take a pause:** When you feel anger rising, take a step back and give yourself a moment to calm down. Remove yourself from the situation if possible, or simply count to 10 in your head before responding. This brief pause can help you regain control and think more clearly.

**Deep breathing and relaxation:** Practice deep breathing techniques to help relax your body and mind. Take slow, deep breaths in through your nose, hold it for a few seconds, and then exhale slowly through your mouth. Repeat this several times until you feel a sense of calm.

**Express your feelings calmly:** Once you've calmed down, communicate your feelings assertively and respectfully. Use "I" statements to express how you feel without blaming others. For example, say, "I feel frustrated when..." instead of "You always make me angry when...". This approach

encourages open dialogue and reduces defensiveness.

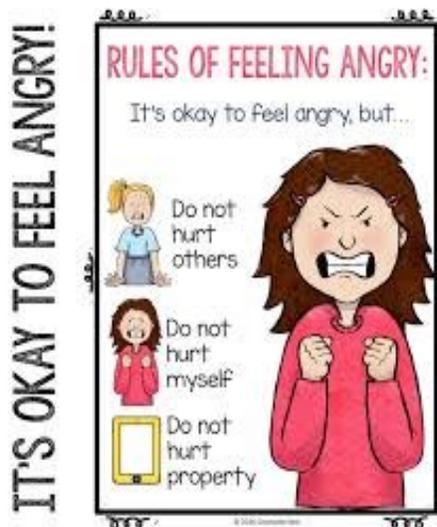
**Seek perspective:** Try to see the situation from different viewpoints. Consider the other person's perspective and think about the possible reasons behind their actions. This can help you develop empathy and understanding, leading to a more constructive response.

**Engage in stress-reducing activities:** Engage in activities that help you relax and manage stress regularly. Exercise, practice mindfulness or meditation, engage in hobbies, or spend time with loved ones. These activities can help reduce overall stress levels and improve your ability to handle anger.

or mental well-being, consider seeking help from a mental health professional. They can provide personalized strategies and techniques to help you manage your anger effectively.

Physiologically, anger triggers a range of bodily responses. The body's stress response is activated, leading to increased heart rate, elevated blood pressure, tensed muscles, and the release of stress hormones like adrenaline and cortisol. This physiological reaction prepares the body for action, often referred to as the "fight-or-flight" response.

Remember, handling anger takes practice and patience. It's essential to be kind to yourself and understand that managing anger is a skill that can be developed over time. Anger is a basic human emotion that arises in response to perceived threats, injustices, or frustrating situations. It is a powerful and complex emotional state characterized by feelings of intense displeasure, hostility, and a strong urge to retaliate or express one's dissatisfaction.



**Seek professional help if needed:** If you find that anger is significantly impacting your life, relationships,



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1-877-747-1200**