

Manage ANGER

DON'T LET MENTAL WRATH CREATE PHYSICAL PROBLEMS.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

-Buddha

Too much or chronic anger can lead to depression, headaches, heart disease, high blood pressure, or problems with alcohol or drugs. It can also trigger domestic violence, property damage, or road rage.

SIGNS OF ANGER:

- Feeling restless
- Clenched teeth
- Trembling lips or hands
- Increased heart rate or blood pressure
- Yelling. Slamming doors.
- Being less productive
- Sleeping problems
- Violent outbursts

Action Step

If anger interferes with your day-to-day life or has caused physical or emotional harm to you or someone else, seek help from your doctor or a mental health care provider.



LEARN TO MANAGE ANGER.

Managing your anger can enhance emotional well-being and lead to a happier, healthier life.

- Share your anger with a trusted friend, family member, teacher, etc.
- Express your feelings in ways that don't offend or accuse others.
- Keep a record of reasons and times you have too much anger. You may start to see patterns that can be changed.
- Channel your energy in positive ways. Write poetry, clean out your cabinets, or take a walk.
- Distract yourself. Play music.
- Learn to accept things that you cannot change, such as traffic jams.
- Lighten up. Look for humor in situations that result in anger.
- Meditate or do yoga.
- Think before you act or speak.
- Eat healthy foods and don't skip meals.