

# MANAGING YOUR ANGER

Everyone gets angry. Anger is a natural emotion. However, what you do with your anger is what defines your character. We've all heard moms yelling at their kids, and kids yelling at their brothers or sisters. Most people have yelled at someone in their lives at least once.

Think back to the last time you yelled at someone, and think about what was going on that made you react that way. How did you feel afterward? Did yelling accomplish anything that simply talking couldn't? Did you really mean what you said when you were angry?

If your anger is beginning to ruin relationships with those around you, then it's time to start taking action. Here are a few steps to help you begin changing.



# 1

## Identify what you physically feel when you start feeling angry.

- Do you clench your teeth or fists?
- Do you start breathing heavy?
- Start to recognize your triggers and notice how your body reacts.

# 2

## When you notice your body reacting, counteract those feelings.

- If you're getting tense ... take a deep breath.
- Close your eyes and count to three in your mind.
- Loosen your muscles by flexing them a few times, then relaxing them.
- Do the opposite of your body's negative reaction.

# 3

## Calm your mind.

- Anger can easily snowball, so take a few moments to stop the angry statements running through your head.
- Remind yourself that you can't take back what you say. Will you regret it later?
- Ask yourself if it's really worth getting upset over. Will the issue even matter in a week, month or year?

# 4

## Put it all together.

- When you feel yourself getting angry, calm your body.
- Walk away from the situation for a few minutes.
- Tell the person you're with that you need a few minutes to calm down.
- Take a deep breath.
- Think about what you want to say before you say it. Wait at least five seconds before you speak.
- Calmly say how you feel without yelling.

Now, next time you feel yourself getting angry,  
you'll be better prepared to adjust your feelings.