



HOW TO CONTROL YOUR ANGER



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WHAT IS ANGER ?



Anger:

a strong feeling of annoyance, displeasure, or hostility



Feelings of anger are a normal and healthy part of being human.

Learning to avoid all anger would be an impossible goal.



In anger management, you will learn to avoid negative reactions to anger (such as aggression), while learning new healthy habits.

ANGER MANAGEMENT DR

The first step in anger management is to begin learning about your own anger.

To start, you will learn about triggers (the things that set you off), how you respond to anger, and how anger has affected your life.

- *(Please fill in the worksheet called «Introduction to Anger Management»)*

HOW TO CONTROL ANGER

1) Be aware of triggers:

Anger triggers are the things that set you off. Knowing your triggers, and being cautious around them will reduce the likelihood of your anger getting out of control.



2) Practice deep breathing :

Deep breathing is a simple technique that is excellent for managing emotions. Not only is deep breathing effective, it is also discreet and easy to use at any time or place.



3) Keep an anger log:

Following an episode of anger, take a few moments to record your experience. This practice will help you identify patterns, warning signs, and triggers, while also helping you organize thoughts and work through problems.



4) Use diversions :

The goal of diversions is to buy yourself time. If you can distract yourself for just 30 minutes, you will have a better chance of dealing with your anger in a healthy way.

Go for a walk, read a book, play a sport, listen to music, watch a movie, draw or paint, call a friend ...





5) Know your warning signs:

Anger warning signs are the clues your body gives you that your anger is starting to grow. When you learn to spot your warning signs, you can begin to address your anger while it is still weak.

Sweating, can't get past problem, feel hot/ turn red, headaches, aggressive body language, raised voice ...