

4 WAYS TO MANAGE ANGER

PAY ATTENTION TO HOW YOUR BODY RESPONDS WHEN YOU START FEELING ANGRY

01

- DO YOU CLENCH YOUR TEETH OR FISTS?
- DO YOU START BREATHING HEAVY?
- START TO RECOGNISE WHAT YOUR TRIGGERS ARE AND NOTICE HOW YOUR BODY REACTS.

02

COUNTERACT YOUR BODY'S REACTION TO ANGRY FEELINGS.

- IF YOU'RE GETTING TENSE...TAKE A DEEP BREATH.
- CLOSE YOUR EYES AND COUNT TO 3 IN YOUR MIND.
- LOOSEN YOUR MUSCLES BY FLEXING THEM A FEW TIMES, THEN RELAXING THEM.
- DO THE OPPOSITE OF YOUR BODY'S NEGATIVE REACTION.

CALM YOUR MIND DOWN

03

- 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?
- THINK ABOUT WHAT YOU WANT TO SAY BEFORE YOU SAY IT...WAIT AT LEAST 5 SECONDS BEFORE YOU SPEAK! STAY CALM WHILE SPEAKING AND AVOID YELLING.

04

WALK AWAY

- SOMETIMES YOU JUST NEED TO TAKE A TIME AWAY FROM THE SITUATION.
- CALMLY TELL THE PERSON YOU'RE WITH THAT YOU NEED A FEW MINUTES TO COOL OFF.
- AFTER GIVING YOURSELF A FEW MINUTES TO COMPOSE YOURSELF, THEN RESTART THE CONVERSATION IF NEEDED