



12 Effective Ways to Manage Your Anger

1. Change what you think

Control the anger you feel by changing the thoughts you have that lead to anger. Try to think of a more positive way of looking at the issue.

2. Take deep breaths

In moments of anger, try calming yourself by taking a few slow, deep breaths. Focus on your breathing to help calm yourself when you are feeling frustrated or anxious.

3. Share how you feel, using “I” statements

If you feel like you can express your anger calmly, then do so. Share your feelings, speaking from your own point of view. For example, “I feel upset when I come home and the dishes are pilled up.”

4. Walk away from the situation

If your anger is likely to get out of control, it may be best to walk away and face the situation when you are calm.

5. Exercise

Physical activity can help to relieve stresses and tensions you may be facing. Go for a walk, go running, ride a bike, or do another physical activity you enjoy.

6. Write in a journal

Write down how you feel or draw pictures to represent your feelings. Keep track of what causes you to become angry, what you did in response to the anger, and how you felt in those situations.

7. Talk to a friend

Talking to someone you trust can help get out the tension you are feeling and can help you to think about possible solutions to the situation.

8. Find humor

Finding humor in any situation can help lower your stress and any feelings of anger.

9. Relax and calm yourself

- Listen to music
- Meditate
- Do Yoga
- Dance or sing
- Visualize a pleasant, peaceful place
- Count to 10 before doing or saying anything
- What calms you?
- _____

10. Empathize

Think about how your partner may be thinking and feeling. Look at the situation from his or her point of view.

11. Forgive

forgiving someone does not mean that you forget what happened. It means that you don't hold onto it and let it continue to affect you. Forgiving, rather than holding grudges, is better for your mental and physical health.

12. Get more sleep

When you are tired, you are more likely to be less patient with others and to react out of anger.