

DO YOU HAVE TROUBLE MANAGING YOUR ANGER?

Anger is one of our most powerful and potentially destructive emotions. It's important to learn to manage your anger in a safe and healthy way. These are a few warning signs that you may be experiencing "problem anger":

- You bring up old issues when you get angry.
- You smile even when you don't feel like smiling.
- You think of yourself as weak if you don't express your anger.
- You throw things or hit things (or animals or people) when you get angry.
- You want people who "make you angry" to suffer.

To calm down and better manage your anger, try these tips:

- Take a few deep breaths. Slow down your breathing and your heart rate.
- Talk yourself down. Say things like "relax" or "calm down." Count to 20.
- Picture something pleasant. Remember a visit to the mountains, or the beach, or the park.
- Walk away. Don't react or interact until you calm down.
- Exercise or do something physical to work off anger's energy. Walk, jog, vacuum, clean out that closet.