



ANGER MANAGEMENT

KEEP YOUR COOL

ANGER MANAGEMENT = A BETTER, HAPPIER LIFE.

Anger is a normal, healthy emotion, neither good nor bad. It's perfectly normal to feel angry when you've been mistreated or wronged. Anger becomes a problem when it is expressed in a harmful or counterproductive way. Being angry can be a way to show that someone is upset. However, if the anger is explosive or out of control, that message never has a chance to be heard.

WHAT'S AT STAKE?

Physical Health: high blood pressure, insomnia, weakened immune system, heart disease

Mental Health: clouded thinking, difficulty concentrating or enjoying life, stress, depression

School/Career: conflict with colleagues, job loss, lost opportunity, poor grades

Relationships: lack of close friends or intimate partners, lack of trust or honesty, physical or emotional abuse

WHO'S AT RISK?

Factors that can cause someone to have anger management issues include: growing up in an environment where anger was out of control, being humiliated or having your self-esteem undermined, financial problems, stress at work/school, trauma/abuse, and existing mental health conditions. Addressing these underlying issues is an important part of preventing anger from being a disruptive or negative force.





**22% OF
ADULTS
REPORT
BEING
ANGRY**

HOW TO HELP OTHERS

- Stay calm. Don't escalate
- Help them identify triggers
- Set boundaries and rules for communication
- Urge them to seek professional help
- Locate anger management support groups online and in-person
- Look after your own well-being

HOW TO HELP YOURSELF

There are a number of things you can do to keep your anger from being explosive. First, focus on the physical sensations of anger, such as increased heart rate and rapid breathing. Second, take deep breaths. Third, slowly count to ten. This lets your rational mind catch up with your feelings. If you still feel out of control by the time you reach ten, start counting again. Finally, get moving - physical activity releases pent-up energy.

**PROTECT YOUR MENTAL HEALTH,
MANAGE YOUR ANGER.**