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ANGER MANAGEMENT TIPS

- ❖ **Think before you speak** ~ collect your thoughts before speaking.
- ❖ **Express your anger calmly** ~ state your concerns and needs clearly.
- ❖ **Get some exercise** ~ physical activity helps to reduce stress.
- ❖ **Take a timeout** ~ takes breaks during times of the day that tend to be stressful.
- ❖ **Identify solutions-resolve the issues** ~ remind yourself that anger won't fix anything and might make things worse.
- ❖ **Stick with "I" statements** ~ to avoid criticizing or blaming use "I" statements to describe the problem.
- ❖ **Don't hold grudges** ~ forgiveness is powerful.
- ❖ **Use humor to release tension** ~ lightening up can help diffuse tension.
- ❖ **Practice relaxation skills** ~ deep breathing exercises, count to 10, imagine relaxing scenes.
- ❖ **Know when to seek help** ~ if your anger is out of control, consider seeking help