

# MANAGING ANGER

Anger is a natural response to fear or danger. It causes the release of adrenaline in your body, your muscles tighten, and your heart rate and blood pressure increase.

It is a common healthy emotion that we all experience at times. Anger can often mask other emotions such as sadness or fear. Know what triggers your anger. Here are some tips on how to control your emotions:

## VISUALISE

Focus on your 'happy place' and imagine all your anger fading away as you take a deep breath.

## THINK

Ask yourself why you feel angry and take a few moments to calm down.

## BREATHE

Take deep breaths and try counting to 10 or even 20 to help you calm down.

## TALK

Talk to another person and listen to their perspective on the issue.

## EXERCISE

Try yoga, a run or a brisk walk outside as exercise releases happy hormones (endorphins).

## WALK AWAY

It's always a good idea to get away from what or who is making you angry.



**RELAX THE RAGE**

# An Anatomy Of Anger

**Mike Jess**



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